

# TOOLBOXTALK



## LADDER SAFETY DO'S AND DON'TS OF USING A LADDER

As simple as it may seem to use a ladder, many disabling injuries occur each year due to improper use of ladders. Knowing the “Do’s” and “Don’ts” can help you avoid becoming another victim of falling from a ladder.

### DO:

- Look overhead before placing a ladder, with special attention to power lines and other electrical hazards.
- Use ladders made of non-conductive material when working around power lines or other electrical hazards.
- Set up the ladder on the ground, floor, or other level, stable surface.
- Take your time and climb one rung at a time while using the “3 Point Contact” rule.
- Assume the area above the ladder is clear of hazards.
- Climb down and move the ladder to get proper access to the work area. Keep your belt buckle between the side rails.
- Climb all ladders facing the rungs.
- Use a bucket or other means to lift objects to the work area.

### DON'T:

- Use aluminum ladders when working around electricity.
- Place a ladder on slippery, cluttered, or unstable surfaces such as boxes, carts, tables, etc.
- Hurry up a ladder to complete a task.
- Overreach beyond the side rails to conduct work.

### DISCUSSION LEADER DUTIES:

Obtain a ladder that you or an employee can use during the discussion to demonstrate key points.

### WHAT THIS TOOLBOX TALK COVERS:

This toolbox talk covers several “Do’s” and “Don’ts” of ladder use.

### DISCUSSION NOTES:

Discuss the various negative outcomes that would result from each example of “Don’t” and why it is important to “Do” the right thing.

- Turn your back to the ladder at any time.
- Carry heavy objects or tools up the ladder.

### REVIEW QUESTIONS: TRUE OR FALSE

- 1) It is OK to turn your back on a ladder when carrying heavy objects.  
**FALSE:** Never turn your back OR carry heavy objects.
- 2) If needed, a ladder can be placed on a small table to get higher.  
**FALSE:** Never place a ladder on any unstable surface.
- 3) Climbing a ladder one rung at time is a waste of time.  
**FALSE:** Safety is never a waste of time. Climbing a ladder one rung at a time can avoid costly injuries and time away from work.

Talk Given By: \_\_\_\_\_ Date: \_\_\_\_\_

Company: \_\_\_\_\_ Location: \_\_\_\_\_

**Printed Name**

**Signature**

Printed Name	Signature

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