

Safe Ladder Use



Ladders are essential tools on construction sites, but improper use can lead to serious injuries. Today, we'll discuss key safety practices to ensure everyone uses ladders safely.

1. Choose the Right Ladder:

- **Type and Duty Rating:** Select a ladder suitable for the job and the weight it will support, including the user and any tools or materials.
- **Inspection:** Before use, inspect the ladder for any damage, such as cracks, loose rungs, or missing parts. Do not use a damaged ladder.

2. Setting Up the Ladder:

- **Stable Surface:** Place the ladder on a firm, level surface. Use stabilizers or leg levelers if necessary.
- **Angle:** For extension ladders, follow the 4-to-1 rule: for every 4 feet of ladder height, place the base 1 foot away from the wall.
- **Secure:** Ensure the ladder is fully extended and locked before climbing.

3. Climbing and Working Safely:

- **Three-Point Contact:** Maintain three points of contact (two hands and one foot, or two feet and one hand) while climbing.
- **Face the Ladder:** Always face the ladder when ascending or descending.
- **Avoid Overreaching:** Keep your body centered between the side rails. Move the ladder if you need to reach a different area.

4. Using the Ladder:

- **Tools and Materials:** Use a tool belt or hand line to carry tools. Never carry tools in your hands while climbing.
- **Top Rungs:** Do not stand on the top three rungs of a straight or extension ladder, or the top two steps of a stepladder.
- **Electrical Hazards:** Be aware of overhead power lines and avoid using metal ladders near electrical sources.

5. Storage and Maintenance:

- **Proper Storage:** Store ladders in a dry, safe place to prevent damage.

Safe Ladder Use



- **Regular Checks:** Regularly inspect ladders and remove any that are damaged from service until they can be repaired or replaced.

By following these safety guidelines, we can prevent accidents and ensure a safer work environment. Always use ladders responsibly and report any safety concerns immediately.

Safe Ladder Use



Safety Meeting Sign-Off Sheet

Date: _____

Job Name: _____

Competent Person Name: _____

Competent Person Signature: _____

Topic: Construction Ladder Safety

Attendees:	