

Portable Ladder Safety

Why it matters. Falls from portable ladders are a leading cause of deaths and injuries at work. Most ladder falls come from small mistakes that are easy to prevent.

KEY POINTS

- Before you use a ladder, examine it. Remove damaged ladders from service.
- Read and follow the labels on the ladder.
- Keep three points of contact: two hands and a foot, or two feet and a hand.
- Face the ladder and keep your body between the side rails.
- Do not put more weight on the ladder than its load rating. This weight includes your tools.

STEP BY STEP

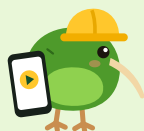
1. Put the ladder on a stable, level surface.
2. For a straight ladder, put the base 1 foot out for each 4 feet of height to the support.
3. Extend the ladder at least 3 feet (1 metre) above the point where you step off.
4. Make sure that the locks are fully engaged. Open a stepladder fully.
5. In busy areas, secure the ladder or use barricades.

NEVER

- ✗ Never stand on the top rung or step, unless the ladder label permits it.
- ✗ Never put a ladder on boxes or barrels to make it taller.
- ✗ Never use a metal ladder near electrical work.

TALK ABOUT IT

1. Which ladder in our area should we remove from service?
2. Which task can we do from a platform instead of a ladder?
3. How do you carry tools up a ladder safely?



Watch this talk as a short video — and get it in your crew's languages.

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Based on OSHA QuickCard: Portable Ladder Safety; OSHA standards 29 CFR 1910.23 and 1926.1053. This talk is a summary. Your site's written procedure and your supervisor's instructions come first.



Date: _____

Site / area: _____

Talk given by: _____

Language used: _____

By signing, I confirm that I attended this talk and understood it.