

TOOLBOX TALK

DISCUSS WITH CREWS

mm/dd/yyyy

LADDER SAFETY

Topic Overview

Ladders can be used safely if they are given the respect they deserve. If you require assistance in setting up a ladder, ask a fellow worker for help. Prior to using any ladder, make sure that it is in good condition and is the right ladder for the job.



Hazards to be aware of

Falls from ladders continue to be a leading cause of serious injury and fatality in BC workplaces. Unsafe ladder use is among the factors that contribute to fall risk.

According to data analysis carried out by the BC Ministry of Labour, a lack of appropriate worksite instruction and training, coupled with the incorrect use of fall protection equipment, is the leading cause of accidents and deaths on worksites.

Given this data, the safe use of ladders and all issues related to ladder safety should be taken seriously.

Safety Tips

- When setting up a ladder, secure the base and “walk” the ladder up into place.
- The ladder must be set at the proper angle of one (1) horizontal to every four (4) verticals. As a rule, when you are setting up a ladder, the base of the ladder should be at your feet and the ladder should be at arm’s length at shoulder height.
- Before using a ladder, make sure it is secured at the top and bottom against movement.
- When in position, the ladder needs to be one (1) metre above the intended landing point.
- Workers shall not work from the top two rungs of a ladder.
- Don’t overreach while on a ladder; it is easier and safer to climb down and move the ladder to a new position.
- Do not carry equipment or materials when climbing an access ladder.
- Always face the ladder when using it. Grip it firmly and use the three-point contact method.
- Keep ladders, both metal and wood, away from electrical sources.
- Do not use a ladder if it is damaged. Tag it “OUT OF SERVICE” until it can be disposed of.
- Ensure the spreader bars on a stepladder are fully extended.
- If you need to work at heights regularly, for a long duration, or for heavy work, consider using a different piece of equipment.

LADDER SAFETY

DO'S

ONLY USE A LADDER OR STEPLADDER:

- After you have inspected it
- In a safe environment free of clutter
- At a firm level base
- If you can lean at approximately 75° from horizontal
- Where you can maintain 3 points of contact (hands or feet)
- Stay near the middle of the ladder



DONT'S

ON A LADDER OR STEPLADDER DO NOT:

- Extend ladders while standing on rungs
- Overload it or carry loads on ladders
- Overreach
- Allow more than one person at one time
- Stand ladders on moveable objects or uneven ground
- Use the top two steps on either a ladder or a stepladder



Resources

<https://www.worksafebc.com/en/health-safety/tools-machinery-equipment/ladders>

TOOLBOX TALK

LOCATION		DATE	
PRESENTED BY		TIME	

Review previous Workplace Inspections

Review previous Accident/Incident/Near Misses

Other Safety Issues or Suggestions made by Staff

Attendance Record

NAME	SIGNATURE	NAME	SIGNATURE

TOOLBOX MEETING REVIEWED	NAME (PRINT)	SIGNATURE	DATE
MANAGEMENT REP			
WORKER REP			