

gbsca SAFETY TOOLBOX TALKS



Ladder Safety: Choose and Use the Correct Ladder

Applying proper ladder safety techniques can reduce the likelihood of an injury whether you're using a ladder at work or at home. Ladder safety starts by choosing the correct ladder.

Choose the right ladder for your application:

- **Select the correct style of ladder needed for your application:** Do you need a Straight, A frame, extension or other ladder?
- **Select the appropriate ladder height:** Remember an extension ladder needs to extend 3 feet above a roofline or working platform.
- **Select the appropriate ladder duty rating:** See the load rating on the affixed factory sticker and if there is no sticker or you can't read don't use it.
- **Select the proper ladder material:**
 - Use fiberglass when working around electricity. Many construction sites only allow fiberglass ladders on site.
 - Use aluminum for inspections and setup.

When using a ladder use these key points:

- Keep your belt buckle in between the side rails to make sure your body is centered.
- When ascending and descending, face the ladder.
- Use three points of contact when climbing a ladder.
- Remember the highest standing level on a stepladder is two steps down from the top.
- Remember the highest standing level on an extension ladder is four rungs from the top.
- Always inspect ladders for structural defects such as broken or missing rungs, cracked side rails, corroded components, or other faulty or defective components. In the event a ladder fails inspection, do not use the ladder and notify management. Tag the ladder as not safe to use, and remove it from the site.

Using a ladder safely can make a job easier. Incorrect ladder use can lead to a fall resulting in a trip to the hospital, or worse, a fatality.