

LADDER SAFETY

Falls from elevated surfaces are frequently listed as one of the top 10 causes of accidents in the workplace. Most of these accidents occur due to failure to follow basic ladder safety. To help prevent ladder injuries, practice the following safety tips

Keep Safety in Mind

Ladders pose specific safety hazards, so its essential to familiarize yourself with the risks and safety rules.

Here are the top five things you need to know about ladder safety.

1. Pick the right ladder

Make sure you select the correct ladder for the job. Check the following:

- Correct length
- Duty rating
- Type of ladder

2. Inspect the ladder

Inspect your ladder at least daily for the following items:

- Damaged steps
- Damaged rungs
- Damaged spreaders
- Safety feet
- Rung dogs
- Step tread

3. Use correctly

Clear the area where you will be working. Never place a ladder in front of a door that isn't locked, blocked or guarded. Because metal ladders conduct electricity, use a wooden or fiberglass ladder near powerlines or electrical equipment.

4. Correct angle

Use the 1:4 ratio. Place the base of the ladder one foot away from whatever it's leaning against for every four feet of height up to the point of contact for the top of the ladder. The ladder must extend 3' above roofline or working surface.

5. Use caution.

Always exercise caution when using a ladder with the following considerations:

- Keep your body centered on the ladder. Don't over reach.
- Do not step on the top step.
- Always face the ladder when climbing.
- 3 points of contact

Discussion

- 1. What hazards do you face while on your ladder?**
- 2. What can you do to minimize risks on the ladder?**
- 3. Can anyone share an experience?**

