integrity safety services

Weekly Safety Meeting

Job Site Hazards - Ladders

Date: _____ Jobsite: _____

Discussion Leader:

_____

Attendance Sign- In:

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Summary

Injuries in the workplace because of ladder are commonplace. Falls from ladders can be as painful as a fall from a roof; about a third of all reported falls are falls from ladders. Many of the fall related injuries result from the improper use or the use of a defective ladder. Step/extension ladders are made to access/egress upper levels, not to be used as work platforms. There are specifically designed ladders for use as work platforms such as order pickers. These ladders are constructed with a small platform and guardrail. The following safe work rules should be observed when working with ladders.

Guide for Discussion

The following items represent the bulk of the exposure to falls on a construction site.

Inspection

Look for missing or loose cleats at the bottom.
Look for loose or missing screws, bolts or nails on job made ladders
Look for cracked, broken, split, dented or badly worn rungs, cleats or side rails.
Splinters on wood ladders.
Corrosion on metal ladders.

Ladder Use

-Always use the right ladder for the right job.
-Don't set your ladder in a walkway or door opening.
-Keep the area at the top and bottom of the ladder clear of tool cords, tools, material and garbage.
-Always set the ladder on solid footing.
-Use a twenty-five percent (25%) angle on the slope of the ladder.
-When using extension ladders, the three (3) top rungs must extend beyond the landing platform. (Or the top of an extension ladder must be 36" (3 feet) above the landing.
-Don't lean to the side when on a ladder or you may tip over.
-Do not carry tools or materials on a ladder. Use both hands when climbing a ladder to grab onto the side rails. If it is necessary to move material or tools up a ladder, first climb up, then pull up the work with a hand line.
-Only one person on a ladder at a time (unless the ladder is double cleated).
-Always secure the top of the ladder to prevent it from sliding.
-Never lean a step ladder; always fully open a step ladder.
-Always face the ladder.

Additional Discussion Notes:

Always tie off the ladder. That way it stays where you put it.

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Remember

When you are on a ladder, you can fall. If you can fall, you can get hurt. Use ladders safely.

14300 NE 20th Ave Suite D-102 #280 Vancouver, WA 98686
office (360)574-6071 fax (360)574-3906
www.integritysafety.com