



## LADDER SAFETY DO's AND DON'Ts OF USING A LADDER

As simple as it may seem to use a ladder, many disabling injuries occur each year due to improper use of ladders. Knowing the “Do’s” and “Don’ts” can help you avoid becoming another victim of falling from a ladder.

**Do...**look overhead before placing a ladder, with special attention to power lines and other electrical hazards.

**Don't** ...assume the area above the ladder is clear of hazards.

**Do...**use ladders made of non-conductive material when working around power lines or other electrical hazards.

**Don't** ...use aluminum ladders when working around electricity.

**Do...**set up the ladder on the ground, floor, or other level, stable surface.

**Don't**...place a ladder on slippery, cluttered, or unstable surfaces such as boxes, carts, tables, etc.

**Do...**take your time and climb one rung at a time while using the “3 Point Contact” rule.

**Don't**...hurry up a ladder to complete a task.

**Do...**climb down and move the ladder to get proper access to the work area. Keep your belt buckle between the side rails.

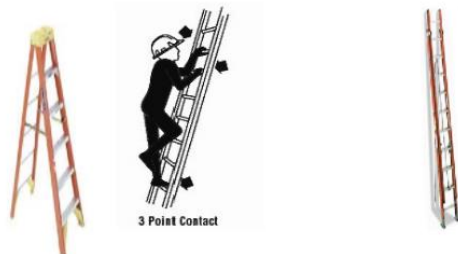
**Don't**...overreach beyond the side rails to conduct work.

**Do...**climb all ladders facing the rungs.

**Don't**...turn your back to the ladder at any time.

**Do...**use a bucket or other means to lift objects to the work area.

**Don't**...carry heavy objects or tools up the ladder.



**Discussion leader duties:**

Obtain a ladder that you or an employee can use during the discussion to demonstrate key points.

**What this Toolbox Talk covers:**

This toolbox talk covers several "Do's" and "Don'ts" of ladder use.

**Discussion notes:**

Discuss the various negative outcomes that would result from each example of "Don't" and why it is important to "Do" the right thing.

**Review Questions: True or False**

1. It is OK to turn your back on a ladder when carrying heavy objects  
**False:** Never turn your back OR carry heavy objects.
2. If needed, a ladder can be placed on a small table to get higher.  
**False:** Never place a ladder on any unstable surface.
3. Climbing a ladder one rung at a time is a waste of time.  
**False:** Safety is never a waste of time. Climbing a ladder one rung at a time can avoid costly injuries and time away from work.

Talk Given By: \_\_\_\_\_ Date: \_\_\_\_\_

Company: \_\_\_\_\_ Location: \_\_\_\_\_

| Printed Name | Signature |
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