

LADDER SAFETY CHECKLIST

Preventing topples one project at a time.

They help you fix roofs, install windows, and hang drywall for your customers. Ladders are so common that we often neglect learning how to use them safely. Unfortunately, thousands are injured or killed each year in ladder-related accidents. Before your team climbs up to their next project, spend a minute checking your knowledge about ladder safety. Remember, ladders are safe tools if properly designed, if properly maintained, and if properly used.

Preventing accidents can be easy

Many ladder-related accidents can be prevented through some simple safety guidelines.

- 1. Ladder slipping.** Make sure your ladder is secure.
- 2. Over reaching your ladder.** Move the ladder to reach your work and keep one hand on the ladder while you work.
- 3. Using the ladder as a horizontal platform.** Most ladders were not designed for this.
- 4. Using the wrong ladder for the job.** Don't use a metal ladder to work on electrical wiring.
- 5. Using the top steps.** Always stay off the top two steps and platform of a step ladder.

Ladder slipping is the number one cause of ladder accidents. Remember, it is easier to use ladder safety than to nurse an injury from a toppled ladder.

Checklist

1. Is your ladder that right one for the job? Is it long enough and strong enough?
2. Is your ladder in good condition? Cracked, damaged, weak and wobbly ladders are unsafe.
3. Did you erect the ladder evenly on a solid base?
4. Are the spreaders of the step ladder fully open and firmly locked?
5. Are straight ladders secured at the top and bottom? Is the bottom of the ladder 1/4 of the ladder length away from the wall to reduce strain on the rails and prevent slipping?
6. Do you face the ladder and grasp it with both hands to ascend and descend? Haul up tools by line.

Thought Provokers

1. Does our team know and practice ladder safety?
2. Are our ladders in good condition?
3. Are there any specific points or problems you wish to discuss?