

LADDERS

SAFETY TALK

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Ladders are so common that we often neglect learning how to use them safely. **Ladder slipping is the number one cause of ladder accidents** but are safe tools if properly designed, maintained, and used.

WHAT TO AVOID

1. **Ladder slipping.** Make sure your ladder is secure.
2. **Overreaching.** 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.
6. **Carrying a load in your arms.** Haul tools and materials up by line.

CHECKLIST

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

THINGS TO THINK ABOUT

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?

ACCIDENTS ARE PREVENTABLE. LEARN MORE AT GRINNELLMUTUAL.COM.

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