



## **MONTHLY SAFETY AWARENESS & TRAINING**

### ***Ladder Safety***

#### **Introductory Comments**

Due to high usage in the Workplace, ladders can be used frequently or only occasionally. The most common hazards to avoid are:

- Failing to secure the ladder properly
- Overreaching
- Climbing, or descending carelessly
- Carrying too heavy or bulky loads

Injuries from ladder accidents can be severe or fatal. OSHA requires that employees working four feet or more above the floor or ground should be guarded by fall protection.

[www.osha.gov](http://www.osha.gov)

#### **Meeting Starter Questions**

- How many feet above the floor or ground is needed before fall protection is required?
- How can you eliminate a fall hazard?
- How should ladders be properly stored?

#### **Critical Safety Points**

Using ladders safely begins with choosing the right one for the job. All ladders in use must be able to support their maximum intended load and have parallel rungs supported by a rail on each side.

- **Railing-** The sides of the ladder joined at intervals by either rungs, steps, cleats, or rear braces.
- **Parallel Rung-** the cross-piece of a ladder on which a person steps to climb up and down.

#### **Instructions:**

Use this Safety Toolbox Talk to spark discussion within the employee group. Test knowledge retention with the associated quiz.

## Types of Ladder:

- **Straight ladders** – Lean a straight ladder onto a structure to reach an upper level. When using a straight ladder, the top of the ladder must exceed the height of the structure it's leaned on by three feet *and* it must be leaned at a 75-degree angle—i.e. 1:4 or 1 foot out from the wall for every four feet of ladder height. Height is typically between 10 to 30 feet.
- **Extension ladders** – Extension ladders, available in 16 to 60-ft heights, are straight ladders with a base section and a fly section that can be adjusted for various heights.
- **Platform ladders** – Platform ladders are step ladders with a platform area and a top handrail. The same guidelines apply as for A-frame ladders.

## Safety Tips:

**Avoid Hazards-** Think proactively and prevent contact with anything that could affect the stability of your ladder, such as slippery surfaces, other people, and vehicles. If your ladder is set up in a high traffic area, such as a doorway or aisle, secure your ladder and/or set up a barricade around it to prevent accidental contact.

**3 Point of Contact Rule-** The three point of contact rule can significantly reduce the chance of a fall. The 3 point of contact rule means three of your four limbs are in contact with the ladder at all times- two hands and one foot, or two feet and one hand. The 3 point rule allows a person to have maximum stability and support.

## Proper Ladder Storage :

- Return Ladders to storage area after used.
- Ladders should be secured to the wall.
- Store ladders where they are protected from weather.



Employee Name:	Signature:
Division:	Date:
Instructor:	Score:

## ***Ladder Safety***

**Question 1:** There is a 3 point of Contact rule while using a ladder.

TRUE       FALSE

**Question 2:** Thinking proactive can prevent a fall hazard.

TRUE       FALSE

**Question 3:** OSHA requires employees working four feet or more above the floor or ground should be guarded by fall protection.

TRUE       FALSE

**Question 4:** Proper ladder storage is important for safety of all employees.

TRUE       FALSE

### **Quiz Answer Key:**

1. TRUE
2. TRUE
3. TRUE
4. TRUE





City of Memphis Workplace Safety & Compliance  
Safety Is the Way We Live!