

Safety Meeting  
**Ladder Safety - Watch Your Step**



Company: \_\_\_\_\_ Presenter: \_\_\_\_\_ Date: \_\_\_\_\_

We use them all the time: stepladders, straight ladders, and extension ladders. Before you use any ladder, you need to inspect it carefully. If you find that the ladder is in poor condition, don't use it. Look for the following faults:

- \* Loose or missing rungs or cleats;
- \* Loose nails, bolts, or screws;
- \* Cracked, broken, split, dented, or badly worn rungs, cleats, or siderails;
- \* Broken or missing spreaders on stepladders;
- \* Corrosion of metal parts.

Use care in placing ladders. When setting up an extension ladder, the base of the ladder should be one foot from the sup-porting structure for every four feet of height between the base and the point where the ladder rests on the supporting structure. If the distance at the base is less than one-fourth of the height, the ladder will be pitched so steeply that work cannot be done comfortably or safely. Remember that OSHA requires safety feet on all extension ladders.

Always face the ladder, whether ascending or descending. Keep both hands free so you can grip the rails or rungs firmly. Avoid carrying heavy or clumsy articles up or down a ladder. Use a hand line, tool belt, or material bucket.

When using a stepladder remember the following safety precautions:

- \* Never use a stepladder as a straight ladder.
- \* Never use a stepladder unless it is fully extended with the spreaders completely opened and locked.
- \* Stepladders should not be used on a sloping surface unless the ladder is being held or is otherwise secured.
- \* Placing stepladders near doorways should be avoided, particularly when the door opens toward the ladder.
- \* Never stand on either of the top two steps of a stepladder

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Falls from ladders can be deadly. Play it safe, check it out before you climb. For more information on ladder safety, read the warning and instruction labels on the ladder. You can also consult OSHA Standard 29 CFR 1926.1050 - 1060.

**SAFETY REMINDER: When you're trusting your life to a ladder, make sure the ladder is trustworthy.**

Employee Signatures
