

**Introduction:** Ladders are one of the most dangerous tools used on a construction jobsite. Employees fall from ladders on a regular basis, sustaining severe, debilitating injuries up to and including quadriplegia and death. Ladders also fail, tip over or kick out – causing employees to fall great distances to the surface below. Consider using a ladder as a last resort to reaching elevated work. Consider using a scissor lift, bucket truck, boom lift – or any other method that’s safer than using a ladder.

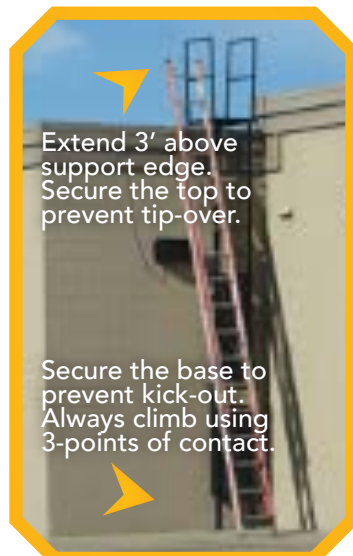
## BE SAFE!!!

### GENERAL LADDER SAFETY TIPS:

- Remember: There really is no such thing as “safe” ladder use. All ladders expose employees to fall hazards when climbing, working or descending.
- When working from ladders, most employees find it difficult to maintain three points of contact.
- Ladders can cause falls that are career-ending, such as fractures, concussions and quadriplegia.
- Falls can result in severe brain injuries and death.

### GENERAL EXTENSION LADDER SAFETY

- Follow your company safety rules regarding ladders
- Read the warning labels provided on each ladder
- Inspect ladders before erecting and beginning work
- Position ladders clear of overhead electrical lines
- Extend 3 feet above support edge (3 or 4 rungs)
- To prevent kick-out or tip-over, use straps or rope to secure the top and bottom of ladder
- Use a 1 to 4 ladder pitch
- Never use damaged, junk or worn-out ladders
- Select and use the right ladder length and type
- Never use conductive ladders for electrical work
- Never overload ladders or try to carry too much up and down ladders. Always use three points of contact.



### COMMON CAUSES OF STEP LADDER ACCIDENT

- Over-reaching
- Standing on the top two steps of the ladder
- Improper or unstable base
- Climbing one-handed
- Not using 3-point contact
- Carrying too much up the ladder
- Ladder hopping
- Electrocution

### SAFER USE OF A STEP LADDER

- Follow your company ladder safety rules
- Inspect before using and verify ladder capacity
- Set up on a stable base
- Spreader bars must be locked
- Use three-point climbing contact
- Keep your “belt buckle” inside the side rails
- Don’t carry too much up or down the ladder
- Don’t climb too quickly – take it slow

**FALLS ARE A TOP CONSTRUCTION EMPLOYEE KILLER. PLEASE WORK SAFELY WHEN PERFORMING ELEVATED WORK.**

**THIS STEP LADDER IS SET UP ON AN UNSAFE BASE. NEVER USE STEP LADDERS AS A STRAIGHT LADDER.**



<b>DATE OF TRAINING</b>	<b>INSTRUCTOR NAME</b>
<b>COMPANY NAME</b>	<b>LOCATION OF TRAINING</b>
<b>PARTICIPANT NAMES</b>	
<b>SAFETY MEETING NOTES</b>	

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