



TAILGATE SAFETY

LADDER SAFETY

Many work site injuries are caused by accidents involving ladders that are not placed or used safely. Following these safety guidelines can help prevent ladder accidents.

- ☑ Before using any ladder, check its condition. Make sure there are no broken, cracked, or missing rails and that rungs are not slippery from grease or oil
- ☑ Check for damage or corrosion on metal ladders
- ☑ If a ladder is in poor condition, don't use it. Report the problem immediately and tag it "Unsafe"
- ☑ A competent person should periodically inspect all ladders and remove damaged ladders from use until they are repaired
- ☑ When choosing and using a ladder, keep the following in mind:
 - Choose the appropriate type and size ladder for the job
 - Choose the appropriate height of the ladder for the job – Do not use a ladder that would require you to climb higher than the 2nd rung from the top of a stepladder, or the 3rd rung on an extension ladder
 - Near electrical conductors or equipment, use only ladders with non-conductive side rails
 - Set the ladder on solid footing, against a solid support
 - Place the base of a straight ladder out away from the wall or edge of the upper level about 1 foot for every 4 feet of vertical height
 - Be sure straight ladders are long enough so that the side rails extend above the top support point by at least 36 inches
 - Never try to increase the height of a ladder by standing it on other objects
 - Portable ladders should be tied, blocked or otherwise secured to prevent movement
 - Keep ladders away from doorways or walkways, unless they can be protected by barriers
 - Keep the area around the top and base of the ladder clear
 - Always check your shoes for oil, grease, or mud
 - Climb the ladder carefully, facing it and using both hands
 - Don't lean out to the side when you're on a ladder—If something is out of reach, get down and move the ladder
 - Ladders should never be used sideways as platforms, runways or scaffolds

Choosing and using ladders wisely is a step in the right direction.

Training Tips: a) Have a ladder to illustrate points of the training, b) Have a ladder with damage to show what should not be used, c) Outline the procedure for getting a new, safe ladder.



North Coast Builders Exchange ~Tailgate Topics
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