

TOOLBOX TALKS

Working at Heights (WAH) – Ladder Safety

Ladder Safety

A third of all reported fall from height incidents involve ladders and stepladders, on average this accounts for 14 deaths and 1200 major injuries to workers each year. Ladders should be used as a last resort only, where possible mobile aluminium towers, scaffolds or podium steps should be considered. By doing so we hope to be able to: Reduce the Number of accidents and near misses on site Avoid Delays; caused by accidents on site.

Ladder Do's and Don'ts:

DO

- DO make sure the ladder is on firm level base
- DO tie all ladders using rope, footed until the ladders tied DO ensure the ladder is of a suitable length; 1.050m should project above the working platform.
- DO ensure that the ladder is at 75o or 4 to 1, one foot out at the base for every four feet high
- DO Inspect ladders before use for cracks, split stiles and damaged rungs, report any to your supervisor
- DO beware of any wet, muddy, or icy rungs – Clean off footwear.

DON'T

- DON'T use painted ladders – this may conceal any defects DON'T use damaged or defective ladders e.g. Cracks? Rungs missing or loose? Stiles damaged or bent? Warping or splitting? (Timber ladders) Signs of corrosion? (Metal ladders) Sharp edges or dents? (Metal ladders) Rungs bent? (Metal ladders) Footpads OK? All caps/rubber in place
- DON'T use brick bands or tying wire to secure ladders DON'T attempt to move a ladder when standing on the rungs
- DON'T stand them on moveable objects e.g. pallets, bricks, lift trucks, scaffolds
- DON'T use the top three rungs of a ladder
- DON'T lash two ladders together to create a longer one
- DON'T use homemade ladders or anything else as a ladder e.g. shuttering or the side of a tower scaffold DON'T slide down the stiles
- DON'T carry load on a ladder use a hoist line
- DON'T cut down or alter the height of a ladder in anyway
- DON'T use any other ladder than a Class 1 Ladder, Blue sticker/label Industrial classification.

DISCUSSION

Questions from staff

Comments by staff

Suggestions from staff

TOOLBOX TALK ATTENDANCE REGISTER

Date		Facilitator Name:	
Site/Department:		Facilitator Signature:	
Topic:			

The information in this document had been explained to me and I understand the content

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