



# Toolbox Talk: Ladder Safety

## Introduction/Overview:

Ladders are one of the most commonly used tools in the workplace. With few moving parts, you'd think they would not be dangerous. However, when misused or abused, they can be deadly. Although falls due to defective or misused ladders are the primary cause of death and injuries, some of these falls are due to contact with power lines. Therefore, be aware of your surroundings when using ladders.

## Statistics:

According to the [Bureau of Labor Statistics](#), 836 deaths and 22,870 Loss Work Day Injuries occurred between 2011-2016. Eighty-seven of these deaths were from a height of less than six feet.

In an article written by Nick Gromicko and Kenton for the [International Association of Certified Home Inspectors](#), "Each year, there are more than 164,000 emergency room-treated injuries and 300 deaths in the U.S. that are caused by falls from ladders."

## Talking Points:

1. [Inspect](#) the ladder before use, remove defective ladders from service. You can download this checklist by using the QR code below.
2. Read and obey all safety warnings. If the labels are not legible, remove the ladder from service.
3. Use the correct ladder for the job.
4. Open step ladders completely, and make sure the spreader bar locks.
5. Place the base of the ladder on a level and non-slippery surface.
6. Be aware of overhead hazards.
7. Always keep 3 points of contact with the ladder.
8. Face the ladder when ascending and descending.
9. Keep your body centered between side rails.
10. Ensure your footwear is in good condition and the soles are free from slippery substances.
11. Do not climb or stand above the third rung from the top.
12. Avoid using ladders outside on windy days.

## Additional Discussion Notes:

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Developed by:

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## Final Thoughts:

When finished using your ladder, ensure it is [stored](#) correctly to prevent damage to the ladder and harm to personnel.

**NOTE:** Always promote discussion with the attendees. If a question comes up that no one in attendance can answer, please get in touch with OWC or the Loss Control Innovations consultants for assistance.

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## References:

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