

# TOOL BOX TALKS

## General Ladder Safety

### Construction Slip, Trip and Fall Prevention



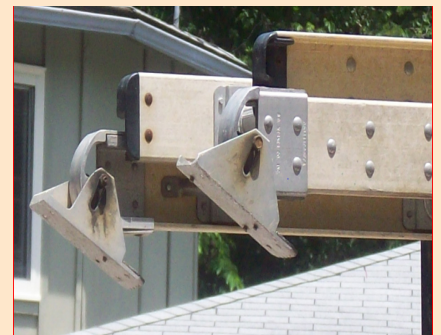
Employees must be trained in ladder safety. Training needs to include: selecting the right ladder for the job, inspection, load capacity, securing ladders, three-point climbing and the one to four pitch rule. Review these ladder inspection tips with your employees.

#### Tool Box Tips

1. Always consider fall prevention when using ladders.
2. Always inspect ladders before use.
3. Verify that the ladder is the correct size and type for the job at hand.
4. Secure the ladder to prevent tip over or kick out.
5. Use three points of contact when climbing.
6. Use ropes to hoist equipment or tools.
7. Extend a minimum of three feet above the support edge.
8. Never use a ladder within 10 feet of an overhead power line.
9. Do not overload any ladder.
10. Remove damaged ladders from service.
11. Tag or identify ladders that cannot be used.
12. Do not self-repair damaged ladders.
13. Inspect these parts of the ladder:
  - Cracks in side rails or rungs
  - Loose rivets in rungs or hinges
  - Missing parts like base feet or spreader bars
  - Warped or bent parts



Remove damaged ladders from use.



Unsafe: The rubber pads are missing from the extension ladder base feet.

These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.

#### For more information:



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