

# TOOL BOX TALKS

## Platform Ladder Safety

### Construction Slip, Trip and Fall Prevention



Many workplace injuries and fatalities occur each year because of ladder accidents. Ladder falls result in broken limbs, serious lacerations and head and brain injuries. Most ladder incidents are due to improper usage. Each ladder type has specific safety points for usage. Take a few moments to review this tool box talk with your employees.

#### Tool Box Tips

1. Inspect ladders before use and look for cracks or damage.
2. Remove damaged or worn-out ladders from service.
3. Never overload ladders.
4. Look out for pinch points on folding ladders.
5. Watch your step when stepping down from a ladder.
6. Prevent tip-overs by setting up on a firm and stable base.
7. Locking spreader bars must be extended and locked.
8. Use three-point climbing contact.
9. Do not carry too much up the ladder.
10. Keep your "belt buckle" inside the side rails.
11. Do not climb too quickly, take it slow.
12. Keep work areas clean. Do not let debris pile up around your ladder.
13. Do not work on ladders that are placed next to unguarded edges.



*Unsafe: Use the right ladder to prevent injuries and death.*



*Inspect for damage before use.*



*Unsafe: Keep three points of contact with the ladder.*

*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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1.888.499.SAFE (7233)

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