

# WEEKLY SAFETY MEETING

FOR THE CONSTRUCTION INDUSTRY

© SAFETY MEETING OUTLINES Box 700, Frankfort, IL 60423 815-464-0200 No. 16 Vol. 21 Week of *April*

Company Name \_\_\_\_\_ Job Name \_\_\_\_\_ Date \_\_\_\_\_

## LADDERS

When you climb onto a ladder you're betting on that ladder; and the stakes may be as high as your life. Do everything you can to make sure you win the bet.

Start by thinking about what type of ladder will be best for the job. Do you need a step ladder, a straight ladder, or an extension ladder? Select a ladder that is long enough; remember that you won't be able to stand on the top few rungs or steps. Ladders are made of a variety of different materials. Some of these materials conduct electricity and others do not. The ladder must have non-conductive side rails if you or the ladder could possibly come in contact with energized electrical lines, conductors, or equipment. Consider the load that will be placed on the ladder. Choose a ladder that can support the whole load; including your weight, your tools, and any material or equipment that you may be lifting or supporting while on the ladder.

Prior to using any ladder take the time to do an inspection. Look for broken or missing rungs, cleats, or steps; broken or split rails; wood splinters; corrosion of metal ladders or metal parts; loose nails, bolts, or screws; or any other faulty or defective parts. If you find any defects, take the ladder out of service immediately by tagging it "Do Not Use", or marking it in a manner that identifies the ladder as defective.

Use the ladder safely. Always look up to check for power lines before raising a ladder. Set the ladder on solid footing and if appropriate, against a solid support. The side rails of straight and extension ladders must extend at least 36 inches beyond the top support point. Tie off, block, or otherwise secure the top of straight ladders to prevent them from being knocked over. Always face the ladder and hold on with both hands when climbing up or down. Maintain three points of contact when climbing on a ladder. This means that two hands and one foot, or one hand and two feet, should be in contact with the ladder at all times. Don't try to carry tools or material in your hands; use a tag line or rope to haul these up and lower them down. Do not shift, move, or extend the ladder while anyone is standing on it.

Don't gamble with your life when using ladders. Keep the odds in your favor by using the right ladder safely.

**Never overreach when working from a ladder.**

**A good rule of thumb is to keep your belt buckle between the rails of the ladder.**

### SAFETY REMINDER

Special Topics For Your Project \_\_\_\_\_

Employee Safety Recommendations \_\_\_\_\_

Reviewed MSDS # \_\_\_\_\_ Subject \_\_\_\_\_

Meeting Attended By \_\_\_\_\_

Supervisor's Signature \_\_\_\_\_

These instructions do not supersede local, state, or federal regulations.