

E E E E Safety – Toolbox Talk

LADDERS

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.

- ✓ 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 75° 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 foot wear.
- ✗ 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.