

	CLIMBING LADDERS	Date:
	TOOLBOX / TAILGATE TALK	Presenter:

Ladder: Climbing

Introduction

1. Review any accidents or "near accidents" from the past week.
2. Describe the hazards of the work as they relate to your project. Explain or show the Safe way of doing the job.
3. Give the Tool Box Safety Talk

OSHA estimates that there are 24,882 injuries and as many as 50 fatalities per year due to falls on stairways and ladders used in construction. When using ladders, be mindful and follow these basic safety rules:

- Make sure rungs and steps are clear of grease, oil, dirt, snow, or ice before climbing.
- Clean muddy or slippery boot soles before climbing a ladder.
- Always face a ladder when climbing up or down.
- Follow the three-point rule: keep at least both feet and one hand or both hands and one foot on the ladder at all times.
- Keep your body centered between the side rails of the ladder so you don't tip over the ladder. A good rule is to always keep your belt buckle inside the rails of a ladder.
- Avoid carrying materials or tools when climbing a ladder. Carry tools up or down in a belt or hoist them in a bag or bucket.
- Never stand on the top two steps of a stepladder and the top four rungs on other Ladders.
- Inspect the ladder before climbing to make sure it is in good shape. Report all defects to your supervisor.
- Do not use any ladder that is defective.



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