

Ladder Safety

Introduction:

Ladder-related accidents kill over 1,000 workers per year, and injure over 50 workers per day. In general use, over 500,000 people are injured per year. There are several common causes of accidents involving ladders, and all are preventable.

Select the correct ladder for the job. Every ladder carries a rating based on how much weight it can support, and they are designed to be used for different functions. Always inspect the ladder before using it, do not use worn or damaged ladders

Discussion Points:

- Types of Ladders.
- Ladder Ratings.
- Common Causes of Ladder-related Accidents.
- Safety Lessons.
- Preventable Accidents.

Discussion:

Set up the ladder on an even surface, clear the base and top of the ladder from all obstructions, and secure the base of the ladder to prevent accidental movement. If using an extension ladder, check for proper climbing angle. Never use ladders around electrical power lines or on wet, muddy, icy, or snow-covered surfaces.

Always face the ladder when climbing up or down using three points of contact, and don't skip steps. Keep your center of gravity and body between the side-rails. Never sit or stand on the very top step of the ladder. If necessary, wear a tool belt or holster to carry tools and supplies.

Ladder accidents can be reduced with training, inspection of equipment and proper use.

As always, be safe out there!

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