



SAFETY TALK

Extension ladders

What's the danger?

Ladders are used as a means of access and egress in construction. While useful, ladders can become a hazard if not used properly, leading to sprains, strains, falls and serious injuries. Ladder hazards include:

- Using a ladder that may be damaged or defective
- Unsecure or non-level ladder base (eg.: soft ground or on blocks/boxes)
- Overhead or protruding hazards near ladder (wires, hooks, etc.)
- Slippery steps/rungs (from mud, snow, ice, etc.)
- Having more than one person on a ladder
- Carrying tools or objects up a ladder
- Bending, reaching or awkward postures on a ladder
- Using a ladder that is improper length for a job

Protect yourself

- Always follow safe-work procedures when using a ladder
- Inspect ladders before use (especially if it was used by someone else or not used for a long time)
- Ensure ladder is secure and on a firm, level base
- Have clean, dry footwear when climbing ladders
- Have only one person on a ladder at any time
- Do not carry tools or equipment up a ladder
- Keep body square to and facing ladder, avoiding reaching or leaning
- Keep ladders maintained according to manufacturer's specifications
- Keep the ladder base clear of debris or objects

Print and review this talk with your staff, sign off and file for COR™ / SECOR audit purposes.

Date: _____

Supervisor: _____

Performed by: _____

Location: _____

Concerns: _____

Corrective Actions: _____

Employee Name: _____

Employee Signature: _____