

Oct. 20, 2021



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All Sealants, Inc.

Select Edition

Week of 10/18/2021

Use and Erection of Ladders

Ladder safety is a must in construction. Ladders are designed to provide short term access to equipment or an elevated area. They are a very necessary tool on most jobs, but failure to follow basic rules for ladder safety can result in disaster. Falls from ladders cause injuries that range from minor bruises to broken bones and occasionally even death. Most ladder accidents can be prevented. Here are some basic safety rules to keep in mind whenever you use or set up a ladder.

- Carefully inspect every ladder prior to climbing. Check for broken rungs, split side rails, and other defects.
- Select a ladder that is the right length and weight for the job.
- Make sure that the ladder is on a sound base and secured to prevent tipping.
- Position an extension ladder before extending it, not the other way around. It's easier and safer.
- The top of the ladder must extend 36 inches above the landing.
- Look for overhead obstructions, especially electrical lines.
- Don't place a ladder in a doorway or busy walkway.

- Always face the ladder when climbing up or down.
- Keep three-points of contact when climbing; two hands and one foot or two feet and one hand.
- Never climb a ladder with your hands full of tools, equipment, or supplies.
- Keep rungs and steps clean and free of grease, mud, oil, snow, and ice.
- Don't overreach when working from a ladder. Rule of thumb: keep your belt buckle between the rails.
- Never stand on either of the top two rungs or steps. If you cannot reach, get a longer ladder.
- When using a stepladder spread the legs and lock the hinge before climbing.

Most of us use ladders every day; but do we use them safely? It only takes moments to properly set up and inspect a ladder. That's time well spent considering the alternative—a painful fall and time off work.

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SAFETY REMINDER
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When performing electrical work, never use a metal ladder. The metal can conduct electricity.

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

S.A.F.E. CARDS* PLANNED FOR THIS WEEK:

REVIEWED SDS #

SUBJECT:

MEETING DOCUMENTATION:

JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:
