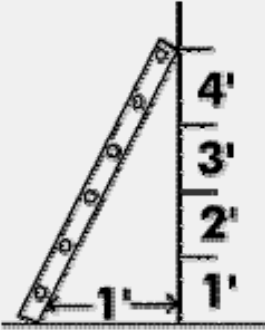




Date: 10/6/08

Toolbox Talk #12

# LADDER SAFETY



Non Self-Supporting Ladders- Move the base of the ladder out 1' for every 4' of elevation



Metal Ladders- Must have skid resistant rungs.

## Environmental Health and Safety

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Often we overlook the potential hazards associated with the tools we use on a daily basis. This is true for ladder use across the campus and within general industry. With this quick refresher, we will break down when a ladder is needed, how to properly use a ladder, along with other general ladder safety precautions.

### **When is a ladder needed?**

- A ladder is required anytime there is a break in elevation of 19 inches or more.

### **Set-Up:**

- Selection- Choose the correct ladder for the job.
  - Nonconductive side rail ladders– Are strongly recommended and should *always* be used when there is a potential for the person working on the ladder to come into contact with energized electrical equipment..
  - Never fasten two ladders together to provide a longer section unless both ladders are specifically designed to do so.
- Inspect- ladder for structural integrity before use (discard or professionally repair any broken ladders).
  - Rungs- *all* ladders must have parallel, and uniformly spaced rungs. Metal ladders must have skid-resistant rungs \*see photo/ wooden ladders may not be coated in any opaque coverings.
  - Foldout ladders- must have a metal spreader or locking device to hold the ladder open.
- Secure or barricade off all ladders placed in high traffic areas (doorways, active passageways, driveways, active construction sites).
- Level– place ladder on level surface
- Angle-
  - Portable, non-self supporting ladders– use four to one rule. \*See Illustration

### **Proper Use of a ladder:**

- Always face forward and have one hand grasped on the ladder when climbing up or down.
- Keep ladders free of oils/grease and other slipping hazards.
- Don't shift, move or extend a ladder while in use.
- Don't load ladder beyond the maximum intended load or manufacturer's rated capacity