

# TOOLBOX SAFETY TRAINING

Company \_\_\_\_\_ Location \_\_\_\_\_ Date \_\_\_\_\_

## Vol 16 - No 3 LADDER SAFETY



**INCORRECT:** Never sit or stand backwards on a ladder



**INCORRECT:** Never use an unopened A-frame ladder as an extension ladder

Performing simple tasks can become extremely dangerous when working from an elevated position. Although ladders are an easy tool to use and require very little training to make sure they are set up properly, employees must ensure that ladders are used correctly. Too many times it becomes easier to sit on the top of a step ladder instead of staying in a standing position or getting down off the ladder to reposition. In addition, often workers will avoid spending the time and effort needed to get an extension ladder and instead will use a step ladder in a closed position. Both of these examples are common violations of the safe use of step ladders.

To avoid potential injury it is important to use step ladders properly. Never lean a step ladder against a wall. Open the ladder and lock the cross braces to ensure stability. Never stand, sit, or straddle the top step of a step ladder. Doing so makes the ladder very unstable and increases the chances that the ladder will tip over. Remember, use the right tool for the job and follow your safety training. Shortcuts can cost time, money, and your health.

**29 CFR 1926.1060 (a)** The employer shall provide a training program for each employee using ladders.



**CORRECT:** Proper use of ladder

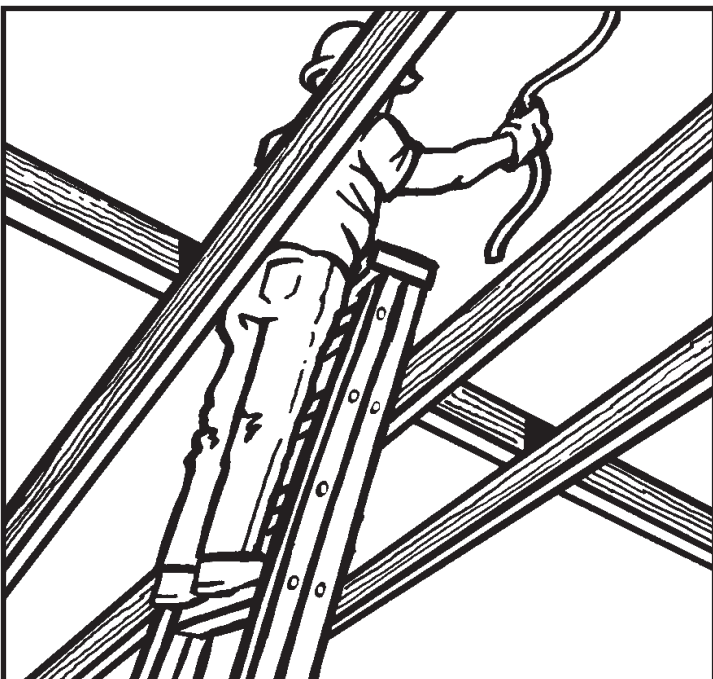
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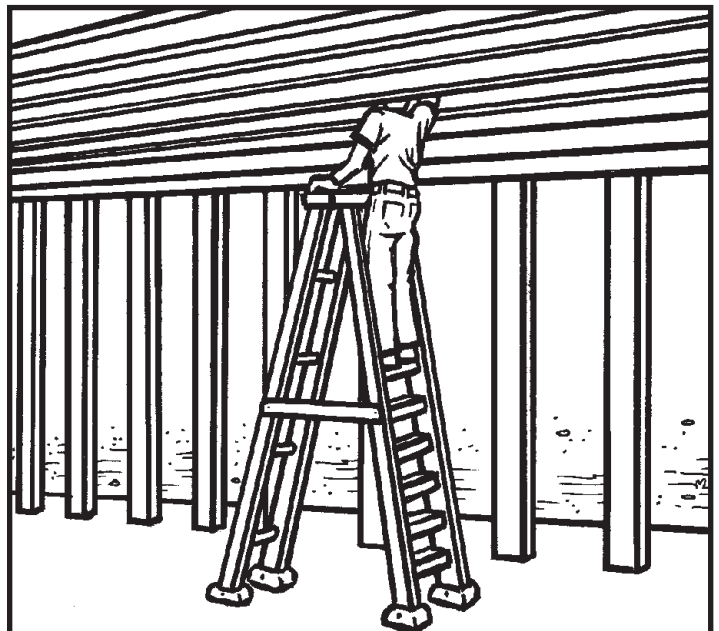


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