

TOOLBOX TALK 37/60

TOPIC: STRAIGHT LADDERS

OBJECTIVE: TO ENSURE THE SAFE USE OF STRAIGHT LADDERS

Ladders Part 2:

Accident studies have shown that ladders have been involved in a high percentage of the falls, especially builders, electricians, and painters. This does not mean that ladders are unsafe - not if they are used properly.

- Make sure the straight ladder is the proper length. It should extend 1m above area of access.
- It should be on firm footing
- Adjust ladder to proper slope (1 to 4)
- Ladders should not be painted as painting hides cracks and damage
- Clean dirty, oily and greasy rungs and side rails before climbing
- Check conditions of rungs and side rails before climbing
- Face the ladder when climbing. Never carry tools or materials up the ladder.
- Tie the ladder off at the top and cleat at the base
- Never overreach when on a ladder. A way to remember this is to always keep your centre of balance between the rails - also known as the belly button rule!
- Landings should be provided if the height exceeds 9m.

Questions you can use to get them talking:

- Is the ladder the right type and length for the job?
- Is the ladder in good physical condition?
- Is the ladder on the level and tied off?
- Is the ladder being used properly?

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DID YOU KNOW?

You can **keep track of all your equipment** (including ladders) on HSEC Online®.

Contact the HSEC Online® Support Team for assistance.



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