

# TOOL BOX TALKS

## Step Ladder Safety

### Slip, Trip and Fall Prevention



Step ladders are commonly used in the workplace. All ladders expose users to falls, usually caused by a tip over or kick out. The misuse of step ladders can lead to injuries and deaths. Review these ladder safety tips with your employees.

#### Tool Box Tips

1. Keep ladders at least 10 feet away from electrical lines.
2. An insulated ladder can be conductive when it's wet.
3. Inspect ladders before use and remove unsafe ladders from service.
4. Never use damaged or worn out ladders.
5. Select and use the correct ladder for the job.
6. Never overload ladders.
7. Verify and follow manufacturer's rated load capacity.
8. Set up the ladder on a stable base.
9. Always lock the spreader bars.
10. Use three-points of contact.
11. Keep the "belt buckle" inside the side rails.
12. Do not carry too much.
13. Do not climb too quickly, take it slow.
14. Follow manufacturer's inspection guidelines.

**Simple step ladders can cause fatal injuries.**

**Always follow manufacturer's instructions.**

*These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.*

#### For more information:



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