

TOOL BOX TALKS

Securing Extension Ladders

Slip, Trip and Fall Prevention



Ladder falls are one of the most common causes of deaths and serious injury. Proper training, selection, use and maintenance of ladders can ensure safe use of this common tool. Review these ladder safety tips with your employees.

Tool Box Tips

1. Consider alternative methods for reaching elevated work such as boom lifts, scissor lifts or bucket trucks.
2. Use three-point of contact when climbing.
3. Use ropes to hoist tools and supplies.
4. Secure the base of the ladder to stable and secure objects to prevent kick out.
5. Use a helper to hold the ladder.
6. Secure the top of the ladder to the roof or support edge to prevent tip over.
7. Never over-reach. Keep belt buckles inside of ladder rails.
8. Use the one to four ladder pitch rule. For every four feet of ladder height to the support edge set the base of the ladder out one foot.
9. Climb the ladder slowly to prevent ladder bounce and kick out.
10. Never carry too many tools.
11. Maintain a minimum of 10 feet from any overhead power lines.
12. Never separate one extension ladder into two straight ladders.
13. Inspect ladders before use and remove damaged ladders from service.



This is an example of ladder securement.



This is a poor example of how to secure a ladder.

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.

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