

TOOL BOX TALKS

Extension Ladder Safety

Slip, Trip and Fall Prevention



Falls from ladders can cause injuries like strains, sprains, fractures, paralysis and death. Ladders are simple to use and are common on all job sites. Ladders are safe when set up and climbed properly. Review these ladder safety tips with your employees.

Tool Box Tips

1. Train all ladder users before they begin working.
2. Inspect ladders for loose or damaged components and temporary or unauthorized repairs before each job.
3. Position ladders a minimum of ten feet away from overhead electrical lines.
4. Never use damaged or worn out ladders.
5. Remove damaged or unsafe ladders from service.
6. Use the manufacturer's guidelines for inspections.
7. Inspect ladders for damage when they are knocked or tipped over.
8. Tag and remove damaged or unsafe ladders from service.
9. Set up all ladders on a stable base.
10. Use the one to four rule for ladder pitch.
11. Use three-point climbing contact.
12. Keep the "belt buckle" inside the side rails.
13. Do not carry loads when using a ladder.
14. Do not climb too quickly, take it slow.

**Use the
right ladder, the
right way
for every job.**

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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