

**SAFETY IS AN INVESTMENT IN YOUR FUTURE.**

Everything starts with Safety at IEC

 **Portable Ladder Safety**

Toolbox Talk # 5021

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

• Read and follow all labels/markings on the ladder.

 • Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.

 • Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.

• Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing.

 • Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.

 • Ladders must be free of any 3-Point Contact slippery material on the rungs, steps or feet.

 • Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.

 • Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.

 • Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.

 • Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.

 • Do not move or shift a ladder while a person or equipment is on the ladder.

 • An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support Do not stand on the three top rungs of a straight, single or extension ladder.

• The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface (see diagram).

• A ladder placed in any location where it can be displaced by other work activities must x 4 – Distance to top support 3 ft. min. be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.

 • Be sure that all locks on an extension ladder are properly engaged.

• Do not exceed the maximum load rating of a ladder. Be aware of the ladder’s load rating and of the weight it is supporting, including the weight of any tools or equipment.

Please read and understand this important document and sign on the reverse side that you have done so.

YOUR SIGNATURE ON THE REVERSE SIDE INDICATES THAT YOU HAVE READ AND UNDERSTAND THE CONTENTS OF THIS DOCUMENT.

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Attendance – Toolbox Talk

Company / Employer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Topic: Portable Ladder Safety

# I have read and understand Toolbox Talks, topic as shown, on date indicated.

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