

# Ladder Safety Begins from the Ground Up



## Ladder Safety

Town of: \_\_\_\_\_

Reviewer: \_\_\_\_\_

Workers  
Signatures: \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### TOOLBOX TALK

DATE:

- Proper ladder set up will prevent slips and falls. Place the ladder on a firm, solid surface.
- A straight or extension ladder should be placed 1ft away from the surface for every 4ft height. (If your ladder is 4ft tall, place the ladder 1ft away from the wall)
- If you're using a step ladder, make sure it is locked completely before you climb
- When you climb, always grip the rungs of the ladder and not the side rails
- Never get on or off a ladder from the side unless it has been secured from movement

## Follow the Ladder Rules:

- Use the right ladder for the job
- Inspect before and after the job
- Read all warning labels carefully before you climb
- Clean the ladder after each use
- Wear slip resistant shoes
- Don't stand any higher than the third rung on the top of the ladder
- Don't lean to far or overreach
- Don't use a damaged or unsafe ladder



**Municipal Safety Council**  
NEWFOUNDLAND AND LABRADOR

## Tips

- Ask a spotter to hold the base of the ladder while climbing up and down
- Climb up and down the ladder facing the rungs
- Fasten the top of the ladder to the top of the solid surface to prevent tipping
- Never use a metal ladder if there is any chance of electricity contact
- Don't use if there is a crack in the ladder
- Never lean the ladder against anything unstable
- Never climb a ladder if you fear heights or you don't feel safe

