

Job Name _____ Job # _____ Date 4/25/19

Toolbox Talk: Ladder Safety

Reminders about your ladder

Determine what type of ladder is appropriate for your current work environment

Confirm that the ladder is the appropriate length for the task

Check that your ladder has the proper Duty Rating

Thoroughly inspect the ladder to ensure it is in good working condition

Clean the climbing and gripping surfaces

Read the safety information label(s) on the ladder

Reminders about your surroundings

Confirm that the ground where the ladder is set-up is firm and level

Confirm that any surrounding doors are blocked open, locked or properly guarded

Ensure that the weather is sufficiently safe for using a ladder

Reminders for YOU

Clean the soles of your shoes to maximize traction and avoid slipping

Ensure that you are not tired, dizzy or prone to losing your balance before using the ladder

Use towlines, a tool belt or an assistant to convey materials so that your hands are free when climbing

Maintain three points of contact with the ladder while climbing

Please be sure to sign your name to the training certification form.



