



**TOPIC:** LADDER SAFETY

**PRESENTED BY:**

**DATE:**

**DURATION:**

## PURPOSE

Ensure proper use, inspection, and awareness of ladder hazards.

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## KEY POINTS

- Number of ladders on site and their specific uses.
  - Why a ladder spotter is necessary for stability and safety.
  - Annual ladder injuries: approximately 187,000 Americans are injured on ladders each year.
  - Importance of keeping ladders clean, inspected, and in good working condition.
  - How to recognize when a ladder needs to be replaced.
  - What ladders should and should not be used for.
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## COMMON HAZARDS

- Falls due to improper setup or use.
  - Slippery or damaged ladder surfaces.
  - Incorrect ladder angle or positioning.
  - Overreaching or carrying heavy objects while on a ladder.
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## SAFE PRACTICES & PROCEDURES

- Maintain 3-point contact at all times: one foot and two hands, or two feet and one hand on the ladder.
  - Use the 4-to-1 rule for extension ladders: place the base 1/4 the height of the ladder from the wall (e.g., an 8-foot ladder should have a 2-foot base distance).
  - Inspect ladders before each use for cracks, missing parts, or damage.
  - Keep ladder surfaces clean and dry.
  - Only use ladders for their intended purpose.
  - Use a spotter when necessary, especially for taller or unstable ladders.
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