

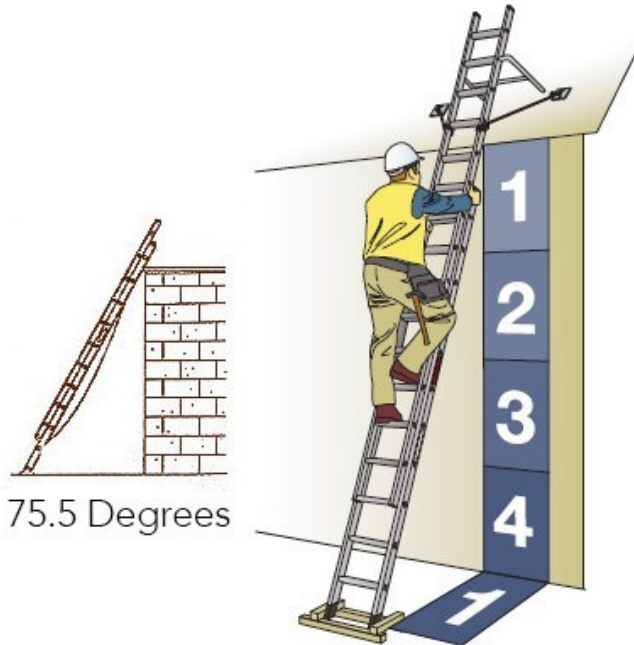
# TOOLBOX TALKS

The Upside of Safety



## LADDER USE: SET UP ANGLE

Before each use, ALWAYS inspect your ladders, checking for cracks and bent parts. If you find anything wrong, take it out of service.



When positioning an extension ladder, remember the

**4 to 1 rule.**

**For every 4 feet in height, the ladder should be 1 foot away from the building.**

For example, if the top of the extension ladder is up 12 feet, the bottom should be 3 feet away from the wall.

## HOW TO CALCULATE

- Place your feet at the base and reach out to the ladder.
- The ladder is too steep = your arms are not straight. This makes the ladder more difficult to climb and it could tip backwards.
- The ladder is at 4/1 = your arms are straight
- The ladder is too shallow = you will need to lean in which may cause you to lose your footing as you climb higher.



Remember that a ladder must also be on firm level footing, extend 3 feet above the upper landing surface to which the ladder is used to gain access and must be properly secured.

