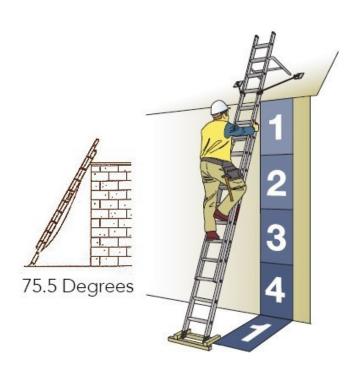
## TOOLBOX TALKS

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.

## TOOLBOX TALKS





✓ SAFETY CHECK	
Are ladders set up and secured correctly?	Is there a way to hoist material up to the roof (rope, lift, etc.)?
Have all ladders passed inspection?	Is everyone climbing the ladder using 3-point contact?
Company:	Location:
Presenter:	Date:
ATTENDANCE SHEET	