

TOOLBOX TALKS

The Upside of Safety



LADDER USE - 3 POINT CONTACT



According to Turner Construction, a large National company, 50% of all injuries from ladders are the result of someone carrying an item up or down while climbing.

To use ladders safely, always maintain three points of contact. That means, two hands and one foot or two feet and one hand on the ladder at all times.

- Put both hands firmly on the rungs before stepping onto a ladder.
- Break 3-point contact **ONLY** when you reach the ground or a stable platform.
- Always face the ladder when you're climbing up and down.
- Keep your body between the side rails. Don't lean out on either side.
- Always keep the rungs and your boots clean and free of mud, snow, grease, or other slippery substances. TIP: Keep a shoe cleaner or brush at the base of the ladder.

HOW TO CARRY ITEMS

- Use a tool belt for smaller items.
- Keep a rope next to the ladder to haul up larger items.
- Use a lift truck or crane to haul up the biggest items.

BEFORE USING A LADDER

- Always inspect your ladders, checking for cracks and bent parts. If you find anything wrong, take it out of service.
- Remember, a ladder must also be on firm level footing. Extend the ladder 3 feet above the upper landing surface to which the ladder is used to gain access and must be properly secured.



