

TOOLBOX TALKS

The Upside of Safety



Ladder Use – Top Step, Stepladder

In an effort to avoid losing your balance and falling off the stepladder, a user must not step or stand higher than the step indicated on the label marking the highest standing level. The user must also not step or stand on the top cap or bucket/pail shelf.

CORRECT



✓ This worker is balanced on the ladder and is not using the top step

VS.

WRONG



This worker is leaning, standing on top step, and using both sides of the ladder

WHY THIS IS IMPORTANT?

- The top step and top caps are the most unbalanced point on a ladder. Any slight movement when standing on these steps could tip the ladder, causing the worker to lose balance and fall over.



HOW CAN IT BE PREVENTED?

- Never stand on the top step or the top cap of a ladder
- If you can't reach your work area with the ladder you are using, get a taller ladder.
- Make sure you:
 - Are not leaning outside of the rails on the ladder.
 - Are centered and balanced when climbing and/or working.
 - Are supported by a level ground surface that won't cause your ladder to tip
 - Only climb the front of a step ladder. Never climb on the back rails.

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✓ SAFETYCHECK

Labels and marking are legible on the ladder.

Ladder is set up on a flat, level surface.

Workers are aware to not stand on the stop step or top cap.

Workers are aware which side of the ladder is meant for climbing

Company:

Location:

Presenter:

Date:

ATTENDANCESHEET

ALOOK AT THIS ISSUE

SPEND YOUR IDEAS