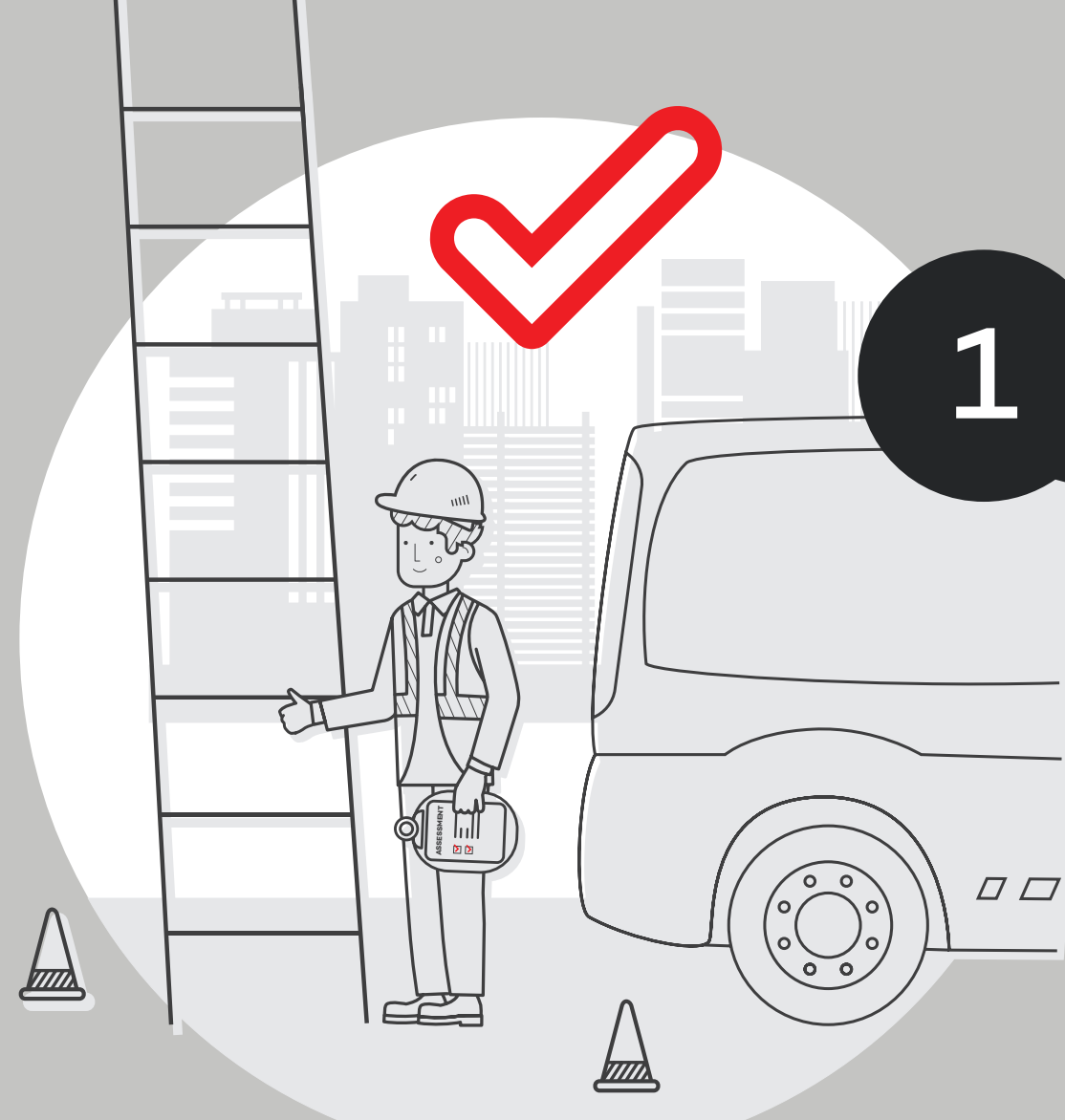


# TOOLBOX TALKS

## LADDERS



1

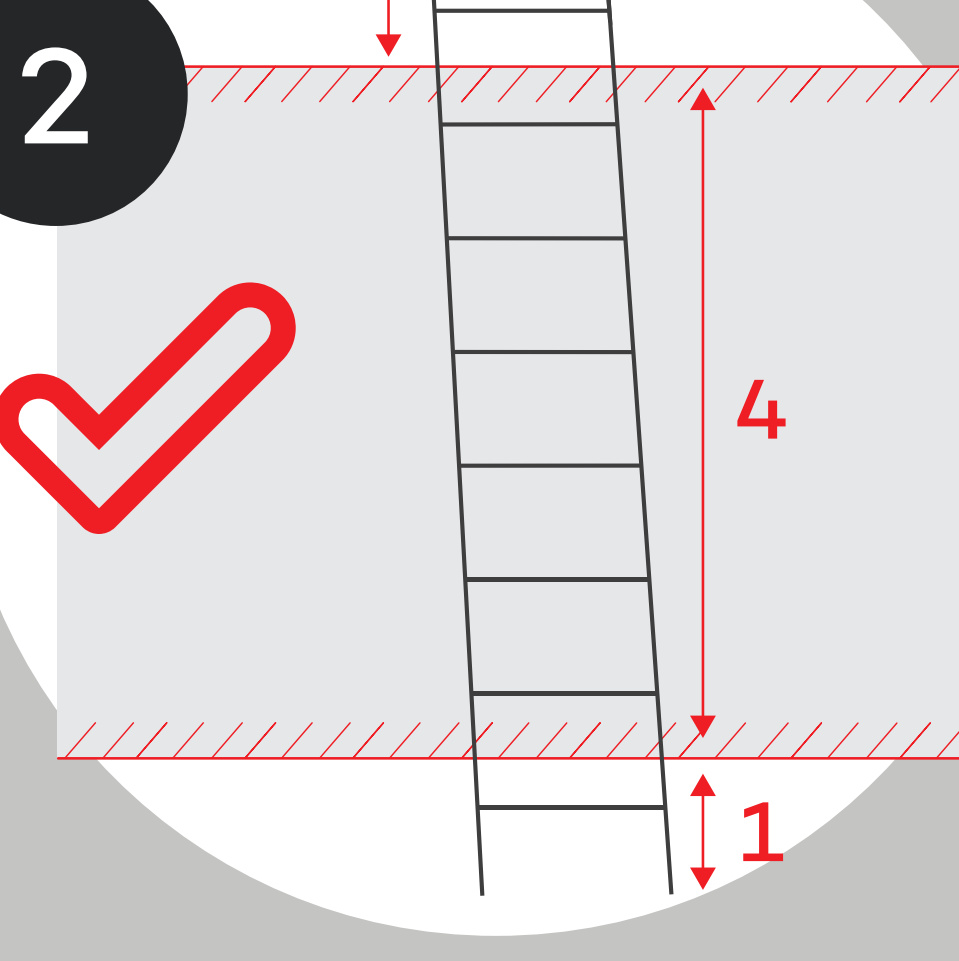
### RISK ASSESSMENT

Inspect ladders as part of the **Risk Assessment**

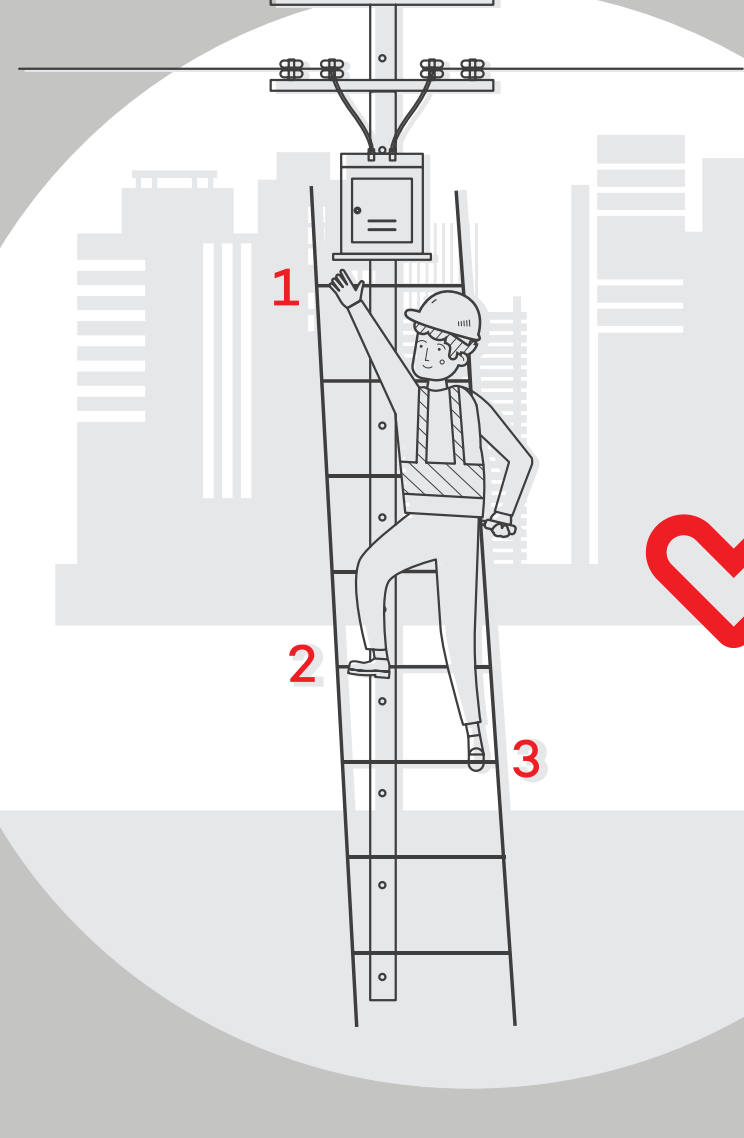


### ANGLE

A ratio of **4 up to 1 out** is the correct angle to avoid **DANGER**



2



3

### 3 POINTS OF CONTACT

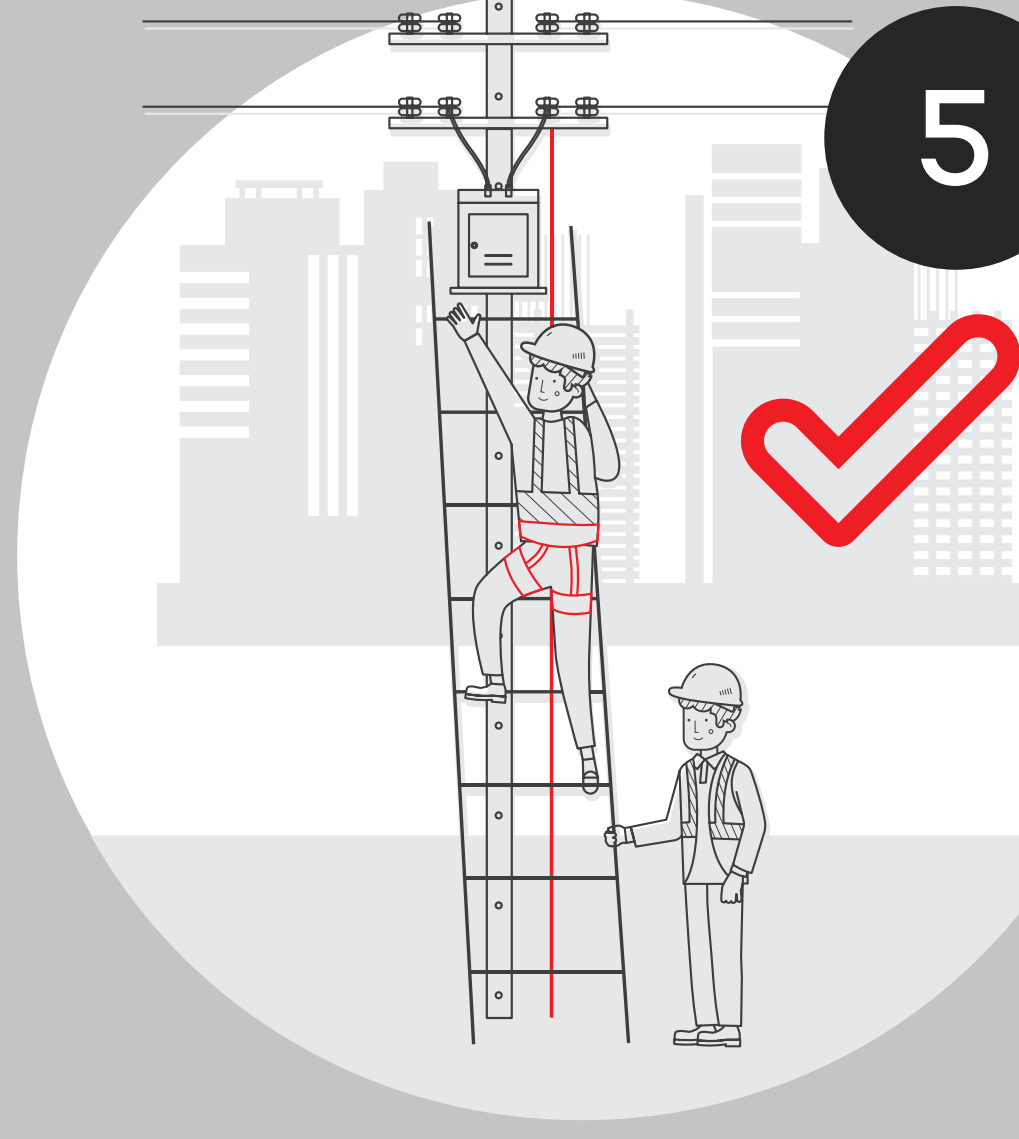
Feet, Knees and Hands need to be in **contact with the ladder**.

### OVER REACH

**DO NOT over-reach.**  
Move the ladder to reach safely.



4



5

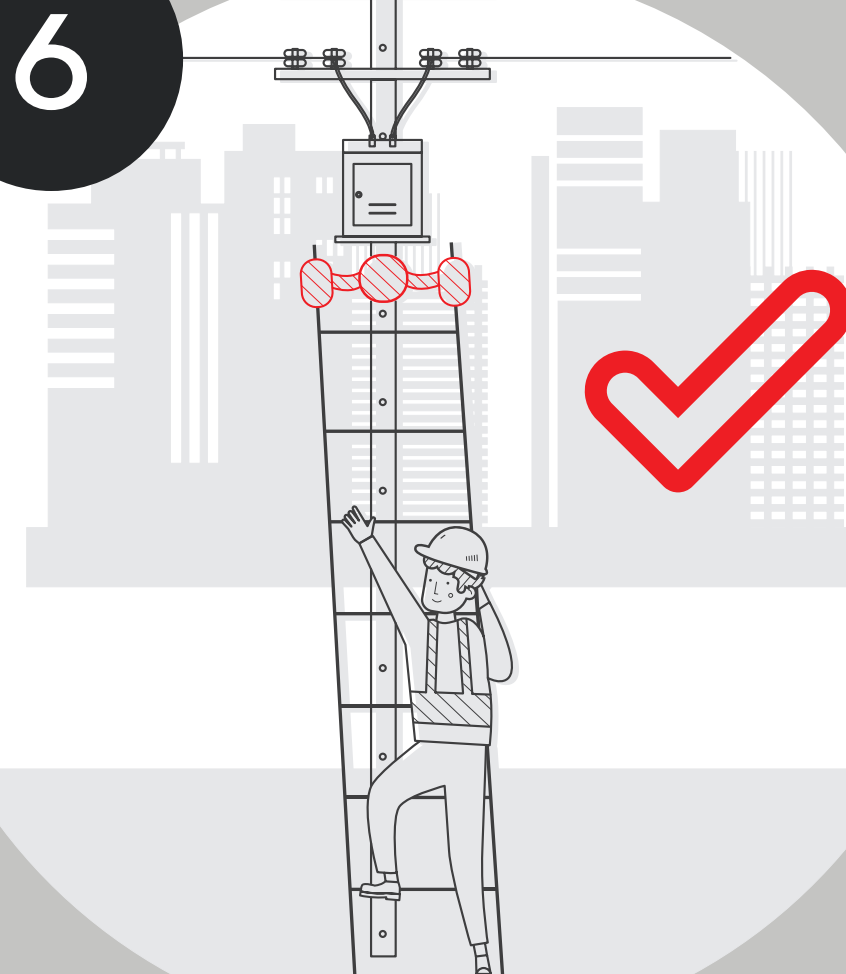
### FOOT LADDER & WEARING HARNESS

- Ladders **MUST** be footed to avoid slippage.
- Appropriate fallarrest equipment **MUST** be worn when working at height.
- Working at Height procedures **MUST** be complied with.

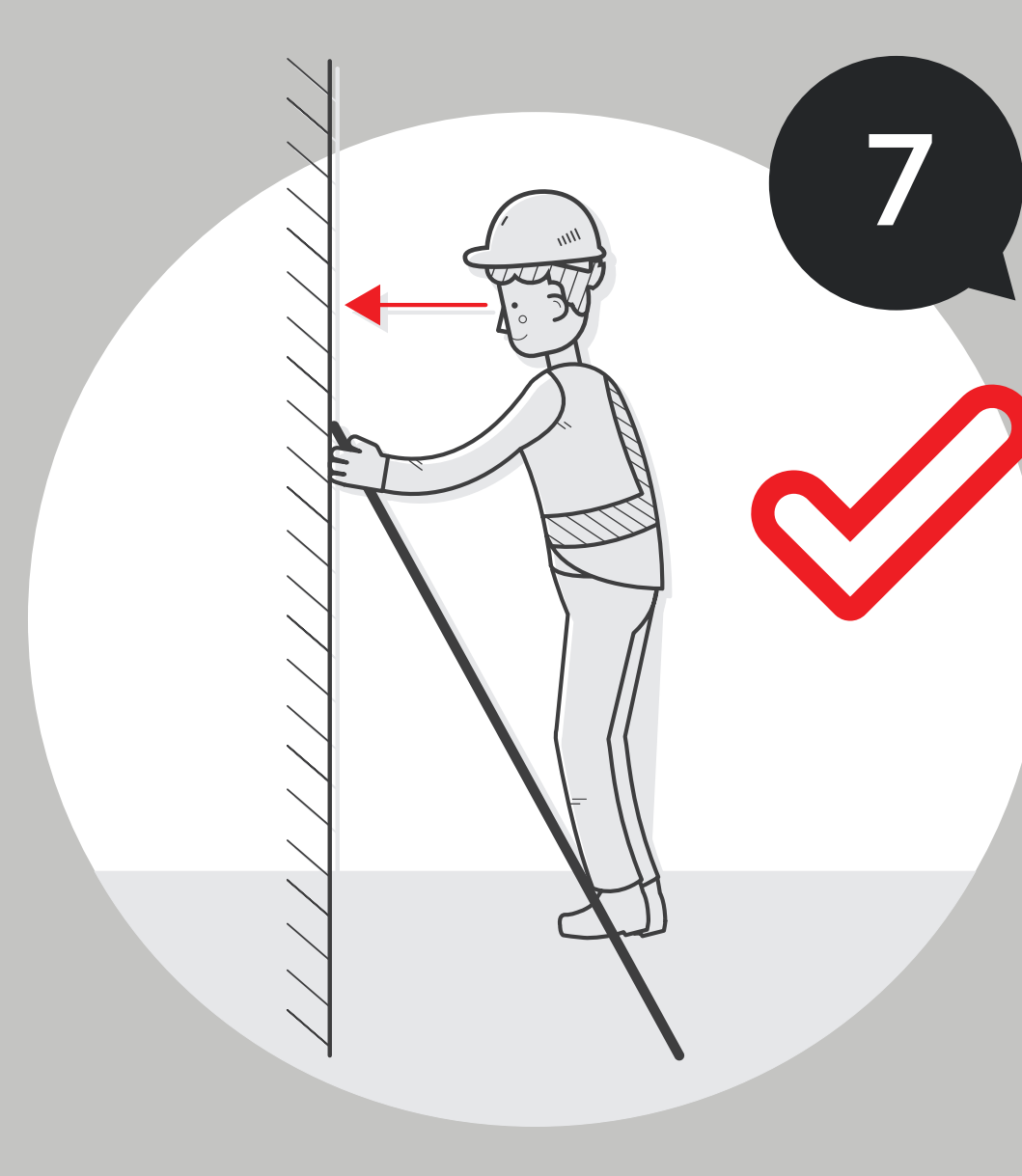


### TIE LADDERS

Ladders **MUST** be tied to **avoid slippage**.



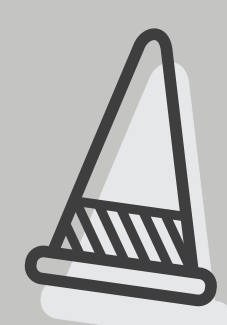
6



7

### FACE WORK

Always keep **3 steps clear** from the top when working on step ladders.



### SUMMARY

- Use the correct type of equipment for working at height
- Avoid working at height where it is reasonably practicable to do so
- Use controls to prevent falls from height
- Minimise the distance and consequences of a fall
- Protect everyone at risk either (collectively or personally)
- Remember the Do's and Don'ts of working at height

# TOOLBOX TALKS

FOR MORE INFORMATION OR IF YOU HAVE ANY CONCERNS CONTACT YOUR SHEQ DEPARTMENT