

SAFETY TOOL BOX MEETING

NO 19 - THE SAFE USE OF LADDERS

In a five year period forty seven deaths occurred in the construction industry due to people falling off ladders, most of these deaths could have been prevented if a few basic safety rules had been carried out.

- 1 Do we need a ladder, can we possibly use a scaffold or other suitable access instead?
Working from a ladder must be considered as a last resort.
- 2 Have we got the right ladder for the job?
- 3 Is it in good condition?
- 4 How is the ladder to be secured?
- 5 If a harness has to be used, can it be secured to a solid object?

These are the Basic Safety Requirements for the safe use of ladders.

- 1 The use of ladders is for short duration only; they are not to be used instead of a scaffold. They are only to be used if a scaffold or other suitable access can not be provided.

REMEMBER WORKING FROM A LADDER IS A LAST RESORT

- 2 The ladder must be of adjacent height. Too long and the operative will not reach. Too short and you have the same problem.
- 3 Ladders on construction sites take a lot of punishment, it should be checked prior to use every time. Look for cracks, breaks and general condition. Do not use domestic type ladders. Ensure that the ladder is capable of doing the job.
- 4 Ladders must be secured; they can be lashed, footed or wedged to prevent them slipping.
- 5 If an operative has to work at a height of two metres or more, he must be protected to prevent him from falling. If the work is to be done off a ladder then he must wear a safety harness, and secure it to a solid object above waist height.
- 6 When working with electrical apparatus, wooden ladders only will be used.

I have given the above talk to all men under my control.

Signed:

Company
Rev 1

Date 24-01-07

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1. Never use an unsound ladder
2. Be sure the ladder is set on a firm level base
3. Have a person foot the base or lash the top
4. Make sure the ladder reaches at least 3ft 6ins (1.070m) above the landing platforms
5. The correct pitch of a ladder is 1 in 4
6. Use the right ladder for the right job; Never lash two short ladders to make a longer one.
7. Do not carry loads on ladders use a hoist line
8. Do not lean sideways from a ladder. It is safer to move the ladder.
9. Always maintain a 3-point contact when on a ladder.
10. Inspect ladders before use and regularly when stored

I have given the above talk to all men under my control.

Signed:

Company
Rev 1

Date 24-01-07