

## Toolbox Talk # 2

# LADDER SAFETY



Company Name:	
Job Name:	
Date:	

### Key Points

1. **Inspect ladders thoroughly before use.** Check for damage, loose joints, or slippery surfaces, and ensure stable, level placement.
2. **Select the right ladder for the job.** Choose based on height, weight capacity, and task requirements.
3. **Set up ladders correctly.** Angle extension ladders with a 4-to-1 ratio and secure locks.
4. **Maintain three points of contact.** Always keep two hands and one foot, or two feet and one hand, on the ladder to stay stable.
5. **Avoid standing on top rungs.** These are unsafe for weight and can cause falls. Never use ladders as platforms or scaffolding.
6. **Be mindful of hazardous conditions.** Avoid use in strong winds, icy areas, or near electrical wires. Use non-conductive ladders around electricity.
7. **Do not leave ladders unattended in use.** Unsupervised ladders can become hazards or be accessed by others.
8. **Maintain and store ladders properly.** Clean after use and store in a dry, secure location to prevent wear.

**20%** Workplace deaths  
result from ladder falls



## Top 5 ladder injuries...

1. **Head trauma** - Falls causing concussions, skull fractures, or brain injuries
2. **Spinal injuries** - Impact to back/neck leading to nerve damage or paralysis
3. **Fractures of legs/ankles** - Broken bones from landing feet-first during falls
4. **Shoulder/arm breaks** - Upper body injuries from attempting to break falls
5. **Deep lacerations** - Cuts from sharp ladder edges or surrounding objects



1. Is the ladder the right tool for the job?
2. Is the ladder in good condition?
3. Is the ladder the right size and height for the task?
4. Is the ladder properly positioned and secured?

Climbing high,  
Don't be shy,  
Stay safe,  
Or else goodbye!

## Summary

Ladder safety is crucial because it helps prevent falls and injuries. Using ladders correctly, checking for stability, and maintaining balance reduces the risk of accidents and ensures a safe working environment.



OSHA establishes and enforces ladder safety standards, including proper setup angles, weight ratings, maintenance requirements, inspection protocols, and safe climbing procedures. They conduct worksite inspections and can issue citations for violations of these regulations.

The most critical OSHA ladder regulation is 29 CFR 1926.1053(b)(1), which requires maintaining three points of contact (two hands and a foot, or two feet and a hand) while climbing/descending a ladder. This rule is fundamental because it ensures maximum stability and greatly reduces fall risk by keeping the worker's center of gravity between the ladder's side rails.



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