

Toolbox talk

Year-round

5 minutes

Ladder Safety Toolbox Talk

Use the right ladder, inspect it before use, set it on stable ground, keep three points of contact, and extend portable ladders at least 3 feet above the landing when used for access.

READ ALOUD (ABOUT 5 MINUTES)

A ladder is a tool, not a shortcut. Before using it, inspect the rungs, feet, rails, labels, and spreaders. If it is damaged, tag it out and remove it from service.

Set the ladder on stable, level ground. Use the 4-to-1 angle for extension ladders. Keep your belt buckle between the rails and maintain three points of contact.

Do not carry loads that make climbing unsafe. If the ladder is being used to reach another level, it needs to extend at least 3 feet above the landing or be otherwise secured for safe access.

INCIDENT EXAMPLE

An electrician reached sideways from the third rung instead of climbing down and moving the ladder. The ladder shifted, and he fell onto stored material. The task took less than a minute, but the setup made the fall possible.

CONTROLS TO COVER

- Inspect ladders before each use.
- Set extension ladders at the correct angle and secure them when needed.
- Keep three points of contact and avoid side-reaching.
- Move the ladder instead of stretching from it.

CREW DISCUSSION

1. Which tasks today require ladders?
2. Where could ladder feet slip or sink on this site?
3. What task should use a lift or scaffold instead of a ladder?

QUICK QUIZ

1. What is the extension ladder setup ratio?
About 4 feet up for every 1 foot out.
2. How far should an access ladder extend above the landing?
At least 3 feet unless another safe grab point is provided.
3. What should happen to a damaged ladder?
Tag it out and remove it from service.

Reference: 29 CFR 1926.1053 - Ladders are consistently among OSHA construction citation leaders and show up across almost every trade.

Toolbox Talk Sign-In Sheet

Attendance record for the talk above. Reviewers (OSHA, GC, ISNetworld/Avetta) expect topic, date, presenter identity, and attendee signatures.

Project / location

Date and time

Topic: Ladder Safety Toolbox Talk

Presenter (print)

Presenter signature

NAME (PRINT)	COMPANY / TRADE	SIGNATURE

Concerns raised and follow-up actions (owner, due date)