



Ladders

Overview This talk will cover before-use checks, use of ladders and hazards.

Before-use checks

- 1 Ladders must be stored correctly and inspected regularly.
- 2 Check for splits or cracks in the stiles and rungs.
- 3 Ensure that none of the rungs are missing or loose.
- 4 Don't use painted ladders, this can hide damaged parts.
- 5 Report defects, label as defective and remove from site.

Use of ladders

- 1 Work should only be carried out from a ladder when the job is of short duration and can be carried out safely.
- 2 Ladders should be set on a firm base and leaning at the correct angle which is **one** unit out to **four** units up.
- 3 Ladders must be tied near to the top and extend a safe distance above the landing stage, unless a hand –hold is provided.
- 4 If it can't be secured at the top, secure it at the bottom.
- 5 For added safety, if possible and necessary, the base of the ladder should be staked or buried to prevent slipping.
- 6 Ensure footwear is free from excessive mud or grease before you climb the ladder.
- 7 When climbing up or down, use both hands on the stiles. Always face the ladder.
- 8 Don't overreach from a ladder, always move it.
- 9 If using extension ladders, each section must overlap.
 - 2 rungs – for ladders up to 5 metres (closed length)
 - 3 rungs – for ladders 5-6 metres (closed length).

Do you have any questions for me?

REMEMBER THE VAST MAJORITY OF LADDER ACCIDENTS OCCUR BECAUSE THE LADDER IS NOT SECURED AT THE TOP.



NOTE: Failure to comply with safety instructions and RAMS may result in disciplinary actions

Serial	Name	Date of Toolbox Talk	Signature	Site

By signing this register you are confirming that you attended the toolbox talk and understand the requirements for the use of Ladders