

Toolbox Talk

Ladders, Step Ladders & Trestles



What?

- Ladders, and stepladders are pieces of equipment which primarily provide access but also can be a platform for some types of work at height
- Other types of platform must be considered first such as tower scaffolding or mobile elevated work platforms since they are more suited to provide a safe working platform, particularly when carrying out “two handed” activities
- Steps and ladders should only be used for short duration work

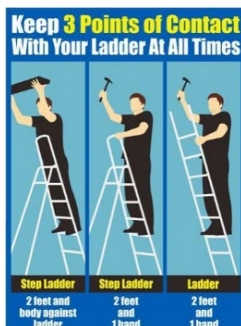
Why?

- A third of all reported fall-from-height incidents involve ladders and stepladders – on average this accounts for 14 deaths and 1200 major injuries to workers in the UK each year. Many of these injuries are caused by inappropriate or incorrect use of the equipment
- Steps and ladders must be inspected on a regular basis to check for faults or damage and any defect should be reported immediately and the equipment withdrawn from use

Do



- ✓ Visually inspect before use and on a regular basis and document it
- ✓ Ensure equipment is placed on a firm level surface
- ✓ Ensure ladders are securely fixed at the top or footed at the bottom
- ✓ Ensure ladders are positioned properly (1 out for every 4 up)
- ✓ Check step ladders are fully extended
- ✓ Make sure you always have a hand hold maintain “3 points of contact”
- ✓ Ensure the ladder is the right height for the job
- ✓ Always face the ladder when climbing



Don't



- ✗ Use damaged or defective equipment
- ✗ Paint ladders or steps - it could cover defects
- ✗ Allow any more than one person on the ladder at one time
- ✗ Over-reach - move the ladder instead
- ✗ Rest ladder against fragile material
- ✗ Carry tools or equipment - use a shoulder bag or tool belt
- ✗ Stand ladders on movable objects or on uneven ground
- ✗ Use the top two steps on either a ladder or stepladder

