



Tool Box Talk Portable Ladders

Special points of interest:

- Falls from ladders cause 20 percent of all fatal falls in construction.
- Workers often hit power lines with ladders while positioning the ladder..

- Inspect ladders before use for damage.
- Defective ladders must be tagged “Do Not Use” and remove from the job site.
- Be sure the ladder is on firm and level ground so it will not sink and will not slide.
- Never over-reach to the side. Over-reaching means both shoulders outside the rails.
- No standing on the top (cap) or the top step of step ladders. You are likely to lose your balance and fall.
- Step ladders must be fully open and spreaders locked. Do not use them in the folded position.
- Extension ladders angle should be at a 4:1 ratio. For every 4 feet up, 1 foot back.
- Ladders must extend at least 3 feet above the landing, giving you a handhold when climbing on and off the ladder.
- Tie-off extension ladders at the top whenever possible.
- Watch for power lines above. Keep aluminum ladders at least 20 feet away from power lines.



Attendance Record

Company: _____

Topic: _____

Trainer: _____

Date: _____

	Signature		Signature
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Comments: