



# TOOLBOX TALKS

## Fall Toolbox Talk # 4

### Preventing Falls from Ladders

Ask the following questions and give time for answers.

**What are the hazards?** Falls from heights from extension or stepladder use

**What are the results?** Broken bones, internal damage, death

**What should we look for?** Improper type, damaged ladder, improper ladder placement, ladder not tied off, ladder not extending 36" above deck, improper climbing procedures, standing on top step of a Stepladder; standing on the first rung of an extension ladder

#### Actual Incident:

Philadelphia, PA, August 2012: An employee was climbing a 10-foot ladder to access a landing that was 9 feet above the floor. The ladder slid down, and the employee fell to the floor, sustaining fatal injuries. Although the ladder had slip-resistant feet, it was not secured, and the railings did not extend 36" above the landing.



#### How do we prevent these results or similar incidents?

- \* Use the correct ladder type for the job.
- \* Properly set the ladder at 1:4 base to height ratio with feet on bottom, extended arms should touch the rung.
- \* Set base; tie off the ladder; and extend the ladder 36" above deck or provide grabrails.
- \* Do not stand on the top step of a step ladder or fourth rung of an extension ladder.
- \* Use proper climbing procedures; always maintain 3 points of contact.
- \* Use equipment as it is intended and follow the manufacturer's guidelines.

*This information has been developed by OSHA and its partners with the intent to assist employers, workers, and others as they strive to improve workplace health and safety. This information must be understood as a tool for addressing workplace hazards, rather than an exhaustive statement of an employer's legal obligations, which are defined by statute, regulations, and standards.*





# TOOLBOX TALKS

## Fall Toolbox Talk # 4

### Preventing Falls from Ladders (continued)

Ask the following questions about ladders on this site and ensure every item is covered. Use an actual ladder to demonstrate techniques with the workers.

Let's talk about this site now.

- \* How do you properly inspect a ladder before it is used?
- \* Find the labeling on the ladder and discuss the manufacturer's recommendations and guidelines.
- \* How do you set up an extension ladder?
- \* How do you properly use an "A-frame" stepladder?
- \* Are there any damaged ladders at this site?
- \* What factors increase the risk of falls from ladders?

Record questions below that you want to ask about this site and share them with the appropriate parties.

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