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Talk No. 11		RS
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Start time		End	Duration	
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1. Introduction:

1.1 Ladders are one of the most common pieces of equipment on a construction site. When used correctly, they have enormous potential to cause accidents and injuries.

2. Main Points:

2.1 Ladders are essential for access and egress and should only be used as working platforms for tasks, where alternative platforms would be impractical or unsafe. Tasks can be carried out safely using a ladder.

2.2 Only industrial class ladders should be used, which are in good condition (no missing/broken rungs).

2.3 Ladders must be suitably secured (preferably at both ends) to prevent sideways slip and roll. They should be opened up (one rung for every 4 units up) and suitably braced at both stiles to prevent both.

3. Points to remember

3.1 Ladders must extend at least 1m above the working platforms to allow for safe access/egress.

3.2 Ladders must not be used as props (or other objects), should be stored correctly, and be subject to regular inspection.

3.3 Never take serviceable ladders into use. Report any defects immediately.

3.4 Never carry out home made repairs. Under no circumstances should you use a home made ladder!

3.5 Always stand ladders on a firm, level surface. Do not use milk crates, oil drums, etc to gain extra height and do not use them as suitable support. Consider staking ladders at the bottom.

3.6 Never use rungs as steps. Do not rest rungs on planks.

3.7 Remove excessive clutter from the ladder. Wear appropriate footwear prior to climbing/descending.

3.8 Always use both hands to grip the ladder. Do not face the ladder.

3.9 Do not carry loads up or down the ladder. Consider alternatives.

- 3.10 Never over reach from ladders and move them.
- 3.11 Avoid using metal ladders on slippery surfaces — the reduced friction makes them more likely to slip.
- 3.12 Beware of overhead power lines (metal ladders/metal reinforcement).

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ATTEN **S** SHEET

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All operatives listed and signed below Box Talk.

Date

NAME	