



Topic: Ladder Safety

It is not surprising that hundreds of ladder injuries occur in Manitoba workplaces each year. What may be surprising is that falls from elevation are the number one cause of injuries in the home. How many workplace falls in Manitoba resulted in a time loss injury in 2009?

- a) 150
- b) 300
- c) 500
- d) 750 (correct answer)



ASK: How many of you have experienced falling off a ladder or losing control on a ladder? (*Pause and wait for hands to be shown*) Is anyone comfortable to share their story?



Training Tip: When conducting your Safety Talk, ask a lot of questions. Questions hook the mind and engage your participants. Questions are a High Impact Training Technique!

When asking questions you will get a better response if you raise one hand when you ask any question....try it out! (Wait / encourage responses from the group....be prepared to provide your own example or a recent example from the news. Personal examples will make your safety talk extremely powerful)

If possible, find a recent news article about a local serious incident involving ladders to help 'drive your message home'!

ACKNOWLEDGE: Thank you for being here and participating in this safety talk. (Make eye contact with the entire group). I know your time is valuable and I'm going to do my best to make it worth your while.

WIIFM (What's In It For Me?): Every year we hear about severe injuries and fatalities from people falling off ladders. Today we are conducting a brief safety talk about working with ladders that will hopefully give you a good perspective on how severe ladder related injuries can be and how you can avoid them.

Many people assume that using a ladder is a piece of cake. Using a ladder is common practice and many people take its safety for granted. We are all guilty of this, and have probably have climbed up a ladder or two without thinking of the hazards, or performing a proper pre-use inspection.

Let's discuss some ways we can reduce our risk of injury while working on a ladder. Can anyone give me some examples? (*Wait / encourage responses*)

Safety Measures

DON'T:

- Ever step on the top 2 rungs of a ladder.
- Over reach (instead, get off the ladder and move it over).
- Use a ladder that is damaged in anyway.
- Allow more than one person on a ladder at a time.
- Hold anything in your hand while climbing a ladder.



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DO:

- Carefully inspect the ladder before each use (look for loose, damaged and missing parts, etc).
- Set the ladder on a solid and level surface (ensure it is stable and secure – not wobbly).
- Look overhead for power lines before handling a ladder.
- Set extension ladders at a 4:1 ratio (which means that for every 4 feet up, the base needs to be set one foot out).
- Secure extension ladders at the base and the top.
- Maintain 3 points of contact when ascending & descending (as depicted to the right).
- Verify that the ladder is CSA approved.
- Face the ladder when ascending & descending.
- Ensure the top of an extension ladder rests against a stable surface (i.e. eavstroughing is a flimsy material that may buckle under the weight of the ladder and user; therefore, it is not an appropriate surface).
- Extend extension ladders 1m (3ft) beyond the top of the surface they rest against (when being used to access a work area).
- Make sure the top of the ladder leans up against a stable surface
- Extension ladders should extend 1 meter (3 ft) above the top of the surface they rest against when being used to access a work area.
- Always inspect the area before you place your ladder:



A ladder inspection checklist could include (among other items) points similar to the following:

Sample Inspection Checklist		
Metal Ladders	Wood Ladders	Fiberglass Ladders
sharp edges	splits	loose components
dents	cracks	missing components
bent steps	chips	cracks
bent rungs or rails	loose rungs or steps	chips
no slip-resistant rubber or plastic feet		blooming
rusted or corroded spots		delaminating
All Ladder Types:		
Loose or bent hinge spreaders (step ladders)		
Feet and Gripping		
Rungs and steps (slippery, loose, greasy)		



- **The majority fatalities from falls happen at height of 6 feet or less!**
 - **The average number of days lost due to an injury resulting from a fall is 59 days!**
- Source – WCB BC*



Remember to: Ask for the commitment of your employees, answer all questions, thank them for their time and document that this safety talk occurred.

RECORD OF SAFETY TALK

Date: _____ Time: _____

Given By: _____

Company: _____ Work Location _____

Results of inspection, demonstration or other activity or suggestions during talk:

Employees Attending:	
Print Name	Sign Name
1	
2	
3	
4	
5	
6	
7	
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9	
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17	
18	

Signed: _____ Position Held: _____