

# Toolbox Talk: Ladder Safety in Construction Sites

## Purpose

This toolbox talk covers best practices and guidelines for ladder safety to prevent falls and injuries at construction sites.

## Key Points

- Always inspect ladders before use. Look for any defects or damage.
- Use the right ladder for the job and ensure it is on stable, level ground.
- Maintain three points of contact when ascending or descending.
- Face the ladder when climbing up or down.
- Do not overreach; keep your belt buckle within the side rails.
- Do not move or shift a ladder while someone is on it.
- Do not exceed the load rating of the ladder.

## Common Hazards

- Using ladders on uneven or slippery surfaces
- Climbing with tools or materials in hand
- Incorrect ladder angle
- Damaged or makeshift ladders

## Safe Work Practices

1. Secure the ladder at the top and/or bottom if possible.
2. Set the ladder at a 4:1 ratio (1 foot out for every 4 feet up).
3. Never stand on the top rung or step.
4. Wear proper footwear with slip-resistant soles.
5. Store ladders safely after use.

## Attendees

Date: \_\_\_\_\_

Project / Location: \_\_\_\_\_

Name / Signature

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Name / Signature

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Name / Signature

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