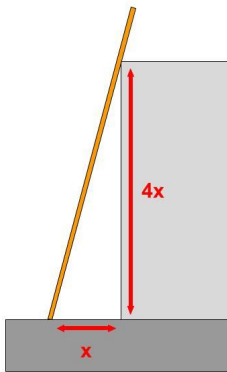


DATE: 9/7/2022

TOOLBOX TALK

# LADDER SAFETY



Setting up a straight ladder: For every 4 feet of vertical height, the base of the ladder should be 1 foot farther horizontally from the wall.



In general keep a minimum distance of 10 feet away from any overhead power lines.

## FACILITIES MANAGEMENT SAFETY & RISK

385 South 1275  
West Cedar City,  
UT 84720  
(435) 865-8141

Ladders are used at Southern Utah University in a wide variety of settings, both academic and administrative. Misuse of ladders can result in broken bones and other serious injuries from falls or, in the case of metal ladders, electrical shock. Ladders must be maintained in good condition at all times, and inspected at regular, frequent intervals.

### Before You Climb

Choose the right ladder for the job. Make sure your ladder is:

- Tall enough
- Strong enough
- Able to go where you need it (consider tight spaces and electrical hazards)

Inspect the ladder. Make sure the ladder is in good repair, the rungs are clean of slip hazards, and nothing else is amiss.

### When You Climb

- Wear close-toed shoes with nonskid soles that are free of mud or grease.
- Place ladders on stable bases. Boxes, barrels, or other unstable surfaces should never be used to obtain additional height.
- If necessary, have another person hold the base of the ladder. If no one is available, the ladder should be securely lashed or fastened top and bottom to prevent it from slipping.
- Overreaching can cause instability. A good rule of thumb is to not let one's belt buckle outside the uprights.
- Always face the ladder and maintain a 3-point contact when climbing or descending.
- Always check to ensure tools and equipment have been removed from the top of the ladder before moving it.
- Only one person should climb a ladder at a time.
- Never stand on the top step of a straight ladder or anywhere on any ladder that is not designed for standing on.

### Storage & Maintenance

Proper storage and maintenance of ladders is important for safety. Whenever possible, ladders should be hung horizontally on wall hooks in a dry place not subject to extremes of temperatures. Users can do minor maintenance, like lubricating hinges and tightening hardware. However, ladder repair is specialized work and should be completed by qualified persons or the manufacturer.

If conditions exist that make a ladder unsafe for use, it should be removed from service immediately and marked with a warning such as "Dangerous - Do Not Use". If a ladder cannot be repaired, it should be destroyed prior to disposal.