

# WEEKLY TOOLBOX TALK: WAR ON FALLS - LADDER SAFETY

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# MAREK

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**Mandatory Topic:  
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At MAREK we take pride on everything we do. Our type of work is often performed at heights and working at heights can be hazardous-falls rank as the chief cause of death on the construction jobsite. That's why MAREK is always looking for ways to protect their employees and get the work done more efficiently.

Accidents involving ladders are usually caused by improper selection, care, or use, rather than design or manufacturing defects.

Some specific reasons why employees got hurt using ladders include the following:

1. They fell or slipped off the ladder
2. They weren't shown how to inspect ladders
3. They had wet, greasy or oily shoes
4. The ladder was poorly maintained
5. They were holding objects in one or both hands

Employees should follow these general rules when using all types of ladders:

- Select the right size of ladder for the job
- Always inspect ladders prior to its use
- Become familiar with manufacturer recommendations by reading the labels on the ladder, if labels are missing report this to your supervisor
- Maintain ladders free of mud, grease and other slipping hazards
- Do not overload ladders beyond their maximum intended load
- Use ladder only for their designed purpose
- Use ladders only on stable and level surfaces unless secure to prevent accidental movement
- Secure ladders place in areas such as passages ways, doorways or where they can be displaced by workplace activities or traffic to prevent accidental movement
- Keep areas clear around the top and bottom of ladders
- Do not move, shift or extend ladders while in use

- Do not remove ladders components such as parts, labels or add objects that are not approved by the manufacturer.
- Face the ladder when moving up or down
- Do not carry objects or loads that could cause loss of balance and falling
- Three point system to climb the ladder
- Do not walk the ladder or lean against the wall
- No straddling on the top
- Limited to standing on the third rung from top on step ladders

**Tags:**

safety

**Toolbox Talk:**

Ladders

Fall Protection