FIRST UNDERWRITERS INSURANCE BROKERS

TOOLBOX TALK
LADDER SAFETY

Date: _____ Project/Location: _____ Presenter: _____

20%
of workplace fall deaths involve ladders

300+
deaths annually from ladder falls

500K
injuries per year require medical attention

Ladders are among the most common tools on construction sites, but they're also one of the leading causes of workplace injuries and fatalities. Taking just a few extra moments to use ladders safely can prevent serious accidents.

THE 4-TO-1 RULE

For every 4 feet of height, the base of the ladder should be 1 foot away from the wall.

Example: A ladder reaching 16 feet high should have its base 4 feet from the wall.

BEFORE YOU CLIMB: PRE-USE INSPECTION

- Check for cracks, splits, or corrosion on rails and rungs
- Verify all hardware (bolts, rivets, screws) is tight and intact
- Ensure safety feet and locking mechanisms work properly
- Confirm weight capacity rating meets your needs (including tools/materials)
- Remove any ladder with defects from service immediately

SAFE USE PRACTICES

1. **Maintain 3 Points of Contact**
   Always have two hands and one foot, or two feet and one hand, on the ladder at all times.
2. **Face the Ladder**
   Never climb facing away from the ladder. Keep your body centered between the side rails.
3. **Don't Overreach**
   Keep your belt buckle between the side rails. Move the ladder instead of leaning.
4. **Secure the Top & Bottom**
   Use ladder levelers on uneven surfaces. Secure or have someone hold the base.
5. **Extend 3 Feet Above**
   When accessing a roof or platform, ladder must extend at least 3 feet above the landing.

NEVER DO THIS:

Stand on the top two rungs, use a damaged ladder, exceed weight limits, or use metal ladders near electrical sources.