



SITE SAFETY MEETING - TOOL BOX TALK

Falls

Misuse of Portable Ladders

Falls are the leading cause of fatalities in the construction industry. An average of 362 fatal falls occurred each year from 1995 to 1999, with the trend on the increase. It is important that safety and health programs contain provisions to protect workers from falls on the job.



Am I In Danger?

You risk falling if portable ladders are not safely positioned each time they are used. While you are on a ladder, it may move and slip from its supports. You can also lose your balance while getting on or off an unsteady ladder. Falls from ladders can cause injuries ranging from sprains to death.

How Do I Avoid Hazards?

- Position portable ladders so the side rails extend at least 3 feet above the landing.
- Secure side rails at the top to a rigid support and use a grab device when 3 foot extension is not possible.
- Make sure that the weight on the ladder will not cause it to slip off its support
- Before each use inspect ladders for cracked or broken parts such as rungs, steps, side rails, feet and locking components.
- Do not apply more weight on the ladder than it is designed to support (Refer to Ladder Specifications)
- The area around the top and bottom of ladder must be kept clear
- Never use a ladder for any purpose other than the one for which it was designed.
- Rungs must be so shaped that an employee's foot cannot slide off, and must be skid-resistant
- Use only ladders that comply with OSHA standards [[29 CFR1926.1053\(a\)\(1\)](#)]



Did you know?
Falls from elevation
account for one third
of all deaths
in construction.

Questions to start discussion

1. How many vertical feet should the ladder extend above a landing?
2. What should you do at the top of the ladder if it does not extend 3' above the landing?
3. What should you inspect on a ladder before using it?
4. What should you know about a ladder before using it and where would you find that information?
5. What types of rungs are required on a ladder?

Falls Misuse of Portable Ladders (Tool Box Talk 3-07; OSHA Construction eTool - U.S. Department of Labor, Occupational Safety & Health Administration) - This document is provided for information purposes only. It is not intended to be a substitute for individual legal Counsel or advice on issues discussed within. Readers seeking resolution of specific legal issues or business concerns related to the captioned topic should consult their attorneys and/or insurance representatives. For more information, visit OSHA website www.osha.gov or refer to OSHA Regulations.

Meeting Notes:

Employee Comments / Concerns: _____

Other Safety issues to be addressed on the job: _____

Training Record: Date: _____ Jobsite: _____ By: _____ Title: _____

Employee Name	Emp #	Signature	Employee Name	Emp #	Signature
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Tool Box Talks are employee safety meetings designed to serve as 15 minute on-site training sessions focused on key topics relative to your work.

Site superintendents or foremen are responsible for holding meetings each week usually during a morning break. This important segment of your general safety program encourages open discussion on the topic of the week and allows employees to share their experiences about accidents and safe or unsafe work practices. Recordkeeping is mandatory and all involved must sign off on each session.

Topics for your company could include: electrical safety, excavation and trenching safety, fall protection, scaffold safety, stairway and ladder safety, hazard communication, fire safety, personal protective equipment, tool safety, materials handling, etc.

Sample Tool Box Talks are provided compliments of the Safety Committee of the Hartford County Homebuilders Association. For more information on Tool Box Talks contact The HBA office 860 563-4212. *Tool Box Safety Talks* can be purchased from the National Association of Homebuilders 1-800 368-5242, www.nahb.com or may be available through your business insurance provider, refer to OSHA Regulations or visit OSHA website www.osha.gov

BUILD SAFELY – THINK SAFETY