

## Ladder Safety Briefing for Construction Environments

<https://api.succeedms.com/v1/training/8328e3fc-30a4-4b9a-8b62-be7a588b8ba7/1>

### General Guidelines:

#### Inspection and Maintenance:

- Inspect the ladder before each use for any visible defects, such as cracks, bent rungs, or missing parts.
- Report any damaged or defective ladders immediately for repair or replacement.
- Ensure that labels and safety information are intact and legible.

#### Proper Selection:

- Choose the right type and size of ladder for the task at hand.
- Consider the ladder's weight capacity to accommodate the user and any tools or materials being carried.
- Use non-conductive ladders when working near electrical equipment or power lines.

#### Setup and Placement:

- Place ladders on a stable, level surface to prevent tipping or slipping.
- Set up ladders on firm ground and avoid placing them on uneven or slippery surfaces.
- Maintain a 1:4 ratio for ladder height to the distance from the base to the support structure.

#### Three-Point Contact Rule:

- Always maintain three points of contact when climbing or descending a ladder (two hands and one foot, or two feet and one hand).
- Carry tools in a tool belt or raise and lower them using a rope rather than attempting to climb with them.

#### Climbing and Descending:

- Face the ladder and grip the rungs securely.
- Ascend and descend deliberately, one step at a time, avoiding sudden movements.
- Do not overreach; reposition the ladder as needed to maintain a safe working position.

#### Usage in Adverse Weather Conditions:

- Avoid using ladders in high winds, rain, or icy conditions.
- If conditions change, reassess the situation and cease ladder use if it becomes unsafe.

#### Barricading and Communication:

- Use barricades or signs to alert others to the presence of a ladder.
- Communicate clearly with coworkers when moving or repositioning a ladder.

#### Emergency Procedures:

- Know the location of emergency exits and first aid stations.
- In case of an accident, seek immediate medical attention and report the incident to a supervisor.

#### Training:

- Ensure that all personnel are adequately trained in ladder safety procedures.
- Regularly conduct safety meetings to reinforce best practices and address any concerns or questions.

#### Reporting and Documentation:

- Report any ladder-related incidents or near misses promptly.
- Maintain detailed records of ladder inspections, repairs, and training sessions.