

Ladder Safety

Preparation before employee training:

Locate all portable ladders, choose 1 for demonstration.

Locate fixed position ladders if any (conveyor belts)

Employee training:

Portable ladder

Ladders must be checked for broken rungs and other defects before use.

Never use makeshift or defective scaffolding, rigging or stages (platforms)

Do not use chair as a substitute ladder

Ensure ladder is positioned on level ground

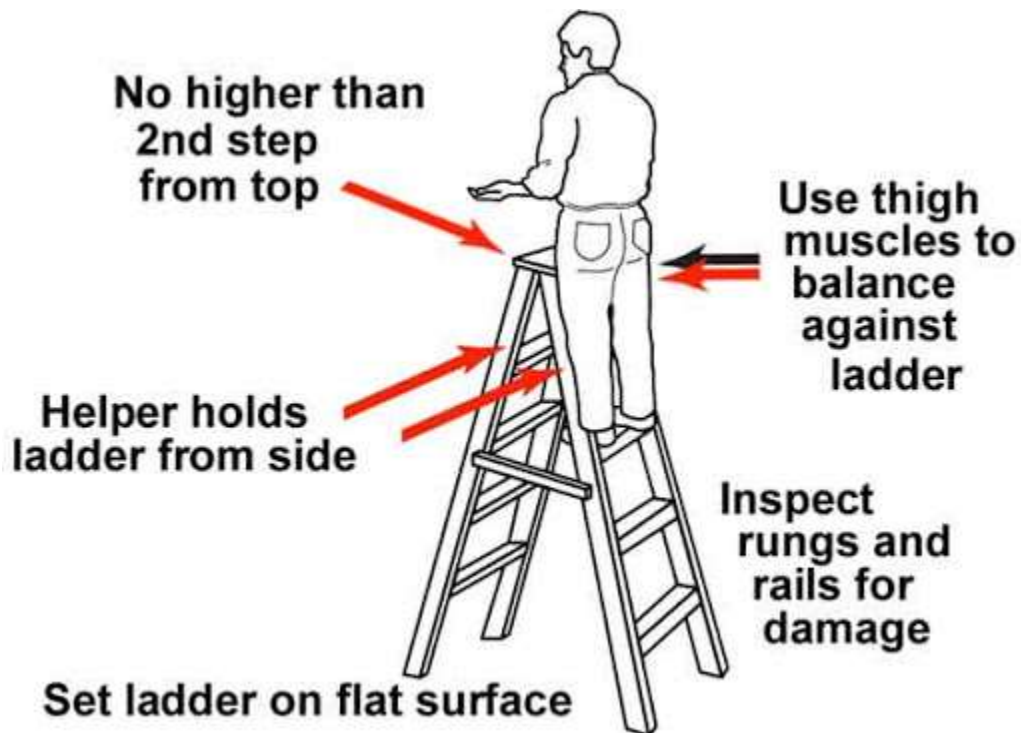
Only use in fully open position

Lock side braces and cross braces before climbing

Use front side of ladder equipped with traction tread steps

Do not stand on the top two steps of the ladder

Keep body centered, do not lean to reach for items



Fixed ladder

Inspect ladder rungs and grab bars for visible defects, missing rungs, broken bars etc.

One person at a time on ladder

Use side grip rails/grab bars as you climb or descend

