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Talk No. 11

RS

Start time

End

Duration

### 1. Introduction:

- 1.1 Ladders are one of the most common pieces of equipment on a construction site. When used correctly, they have enormous potential to cause accidents and injuries.

### 2. Main Points:

- 2.1 Ladders are essential for access and egress and should only be used as working platforms for tasks, where alternative platforms would be impractical. Tasks can be carried out safely using a ladder.
- 2.2 Only industrial class ladders should be used, which are in good condition (no missing/broken rungs).
- 2.3 Ladders must be suitably secured (preferably at both ends) to prevent sideways slip and roll. They should be opened (or every 4 units up) and suitably secured at both stiles to prevent both

### 3. Points to remember

- 3.1 Ladders must extend at least 1m above the working platforms to allow for safe access/egress.
- 3.2 Ladders must not be used as a means of transport (e.g. on trolleys or in vehicles), should be stored correctly, and be subject to regular inspection.
- 3.3 Never take serviceable ladders into service without carrying out a visual check prior to use. Report any defects to the responsible person.
- 3.4 Never carry out home made repairs to existing home made ladders.
- 3.5 Always stand ladders on a firm, level surface. Do not gain extra height by standing on a box or at bottom.
- 3.6 Never use rungs as a means of transport or as a rest.
- 3.7 Remove excessive clothing and footwear prior to climbing/descending.
- 3.8 Always use both hands to grip the rungs and face the ladder.
- 3.9 Do not carry loads up or down the ladder or use ladders for alternatives.

- 3.10 Never over reach from ladders and move them.
- 3.11 Avoid using metal ladders on slippery surfaces — the reduced friction makes them more likely to slip.
- 3.12 Beware of overhead power lines (metal ladders/metal reinforcement).

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**ATTENTION SHEET**

Talk No. 11		RS
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All operatives **listed and signed** below Box Talk.

Date .....

NAME	

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