

Enter contractor's logo and name here	Company Identification Enter document no. from owner here	Contractor Identification Enter document no. from contractor here	Revision Index		Sheet of Sheets 18 / 9
			Validity Status	Rev. N.	
				00	

Talk No: 11	Title: LADDER USE
Introduction: Ladders are one of the most used, and abused, pieces of equipment on a construction site. When abused and misused, they have enormous potential to cause accidents and injuries.	
Main points: - Address are essentially a means of access/egress and should only be used as working platforms for very short duration tasks, where alternative platforms would be impracticable, and where such tasks can be carried out safely using a ladder. - Only industrial class ladders should be used, which are in good condition (no missing/broken rungs, split stiles, etc) - Ladders must be suitable angled (1 unit out for every 4 units up) and suitably secured (preferably tied off at the top using both stiles to prevent both sideways slip and rotation) . Discussion points: - Ladders must extend sufficiently beyond working platforms to allow for safe access/egress. - Ladders must not be painted (this hides defects), should be stored correctly, and be subject to regular inspection. - Never take serviceability for granted, always carry out a visual check prior to use. Report any defects immediately. - Never carry out homemade repairs on a ladder, and never use a ladder with existing home made repairs, and never use a homemade ladder! - Always stand ladders on a firm base. Never use milk crates, oil drums, etc., to gain extra height, and if ground is soft use suitable support. Consider staking at bottom. - Never use rungs as a support for planks, or rest rungs on planks. - Remove excessive mud, grease, etc., from footwear prior to climbing/descending a ladder. - Always use both hands to climb/descend, and face the ladder. - Do not carry loads up ladders – use hoists or alternatives. - Never over reach from ladders – get down and move them. - Avoid using metal ladders against metal surfaces – the reduced friction makes them more liable to slipping. - Beware of overhead obstructions, especially overhead power lines (metal ladders/metal reinforcements). SILLY PEOPLE TAKE CHANCES – SENSIBLE PEOPLE TAKE PRECAUTIONS	
Notes:	