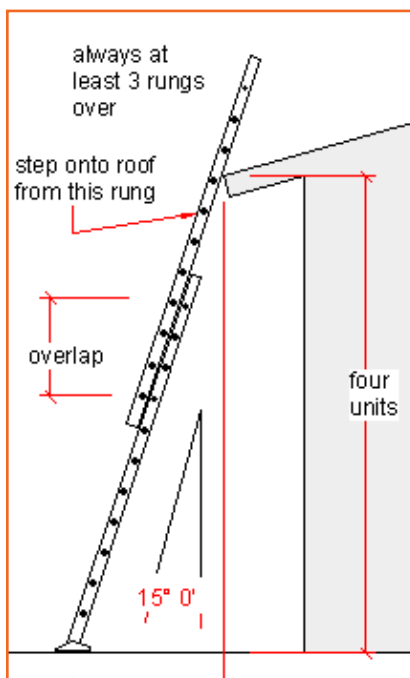# Everyday Safety

Tailgate Talks

This Everyday Safety Tailgate Talk is a modified reproduction of the July 2017 training series sheet "The Safety Pins" by Phillip E. Spiezio, Safety Officer and provided to CLRP by the Washington County, NY Safety Officer
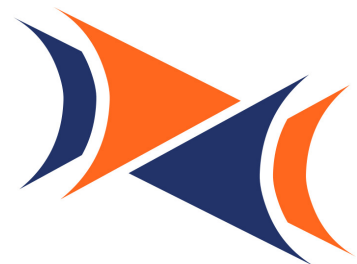
Ladder Safety

There are many different types and styles of ladders available today. Choosing the right ladder for the task at hand is an important start to ensuring your safety and the safety of people around you. Load ratings for ladders range from the light-duty household type to the heavy-duty industrial type.

Always be sure to:

▪ Inspect ladders before each use.

▪ Use a ladder only on firm and level ground.

▪ Keep your belt buckle inside the ladder's side rails.

▪ Tie off or otherwise secure extension ladders. If you are using a ladder to gain access to a roof or other elevated landing then the ladder must extend at least 3 feet above access point.

▪ Step ladders should not be used as an extension ladder.

▪ Maintain 3 points of contact while on a ladder at all times.

▪ Use the 4 to 1 ratio whenever using an extension ladder. If you are raising a ladder to a height of 16 feet, then the base of the ladder must be about 4 feet out from the wall.

▪ Carry tools on a belt or raise and lower them with a rope while working on a ladder.

▪ Do not climb higher than the third rung from the top of an extension ladder or the second step from the top of a stepladder.

▪ Use step stools or step ladders **(Keep them where they are easily accessible)** Resist the temptation to use chairs or upside down 5 gallon buckets for climbing or reaching!!!!

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Action Item:

Related Topics:

- **Hand Tool Safety**

Resources and References:

OSHA Regulation 1926.1053 Ladders
https://www.osha.gov/laws-regs/regulations/standardnumber/1926/1926.1053

OSHA Web Resources on Ladder Safety
https://www.osha.gov/pls/publications/publication.athruz?pType=Industry&pID=463

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Date: _____/_____/_____

"Ladder Safety"
Sign In Sheet:

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