

# VLR SAFETY TAILGATE TALK

July 2016

Subject: **Ladder Safety Rung by Rung**

Date: \_\_\_\_\_

Location (garage, mm, etc...):

**Instructions:**

Safety Coordinators & Supervisors should use this Tailgate Talk as a guide for discussion during their safety meetings. The primary purpose of the safety meetings is to give crews the opportunity to discuss any safety related concerns they may have.

Once the meeting has concluded, the Presenter should have each employee sign this form and include their Employee ID# in the spaces below.

TGT Presenter: \_\_\_\_\_

Name	Employee
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A ladder is an essential workplace tool for anyone working above ground level. However, each year more than half a million people are injured while using ladders.

Anyone who uses the wrong ladder for a job or uses it inappropriately, is courting trouble. Don't become a statistic. Remember these ladder safety tips:

Select the correct ladder. Why waver on the top rung of a step-ladder when you can use an extension ladder? Never use a metal ladder if there's any chance of contacting electricity.

Never assume a ladder is safe. Check it for unsafe footing, broken steps, bent legs, bent supports, cracks, worn or slippery step treads, and worn or missing rubber feet. Don't use it if there's a problem.

Set the ladder up on flooring that is dry, even and clear of obstacles. Never lean the ladder against anything unstable (such as a stack of boxes) or place it in front of an unguarded or unlocked door.

Follow the belt buckle rule when using a stepladder, making sure your belt buckle goes no higher than the top step of the ladder. Climb the ladder only after ensuring the frame is locked securely in place.

Follow the four-to-one rule when setting up an extension ladder. Place the ladder with its base one foot away from the wall for every four feet of height. Secure the ladder to a stable object at the top and then lock the extension securely in place. Never stand on the top two steps of an extension ladder.

Ask a spotter to hold the base of the ladder while you climb and be especially careful when climbing a ladder on a windy day. Remember to fasten the top of the ladder securely to prevent it from tipping.

Ascend and descend the ladder facing the rungs with both hands on the edges. Hoist tools and materials only after you have reached the top of the ladder.

Take precautions to prevent a fall. Use both hands when climbing and lock a leg around a rung when you need to have one hand free. Never climb onto a ladder that's already supporting one person.

**If you have any questions or comments regarding this Safety Tailgate Talk or any safety related concerns, please contact the VTrans Safety Team.**