Toolbox KITS

LADDER SAFETY TRAINING

Ladder safety training

29 CFR 1926.1053, 1926.1060 and 1910.23

About 45 minutes, with a 10-question quiz

37 slides | About 45 minutes | 10-question quiz | English + Spanish



SAMPLE

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MODULE 1

How ladder falls happen

- [ ] **The wrong ladder**
  too short, not rated for the load, or the wrong type for the job
- [ ] A damaged ladder that nobody inspected or tagged
- [ ] **A bad setup**
  soft or uneven ground, the wrong angle, or a ladder in a doorway
- [ ] Overreaching, standing too high, or climbing with your hands full
- [ ] Slipping on mud, grease or wet rungs
- [ ] Contact with power lines or energized equipment

SAMPLE

Toolbox KITS

Crew handout

Ladder safety on the job

29 CFR 1910.21, 1926.1053, 1926.1060, 1910.23

Do

- Pick a ladder tall enough that you never use the top or top step
- Check the label: the load is you plus your tools and materials
- Inspect the ladder before each use
- Set it on firm, level ground. Secure or barricade it near traffic
- Set extension ladders at the right angle: toes at the feet, arms out
- Extend rails at least 3 feet above a landing (29 CFR 1926.1053(b)(1))
- Face the ladder and keep at least one hand on it while you climb
- Use nonconductive side rails near energized electrical equipment

Don't

- Don't climb a damaged ladder. Tag it "Do Not Use" and report it
- Don't stand on the top or top step of a stepladder
- Don't carry tools or materials in your hands while you climb
- Don't overreach. Climb down and move the ladder
- Don't move, shift or extend a ladder while someone is on it
- Don't set a ladder on boxes, buckets or other unstable bases

SAMPLE

Remember **Pick the right ladder, check it, set it up right, and keep a hand on it every climb.**