



# SAFETY TAILGATE MEETING

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Date	February 21, 2024	Time	8:09 AM	Conductor	Kevin Rhodes

## LADDER SAFETY

### INTRODUCTION

When used correctly ladders can be an effective means to access work levels and to accomplish work. However, they are also dangerous. More falls occur from ladders than any other piece of equipment. To remain safe we must use them correctly and only after being trained and authorized to do so.

#### Group Discussion:

- Have you ever experienced or seen an injury from using a ladder?
- What happened? Why did it happen?
- What can we learn from it?

In this training we will discuss:

#### (1) INSPECTING LADDERS

#### (2) USING LADDERS SAFELY

#### (3) CHOOSING THE RIGHT LADDER

### INSPECTING LADDERS

All ladders must be inspected before each use, including:

- Ensure there is no damage, lack of structural integrity, missing components or loose parts.
- The steps or rungs must be in good condition, tight and secure to the side rails.
- Ensure movable parts operate correctly.
- They must be free of oil, grease, and other slippery materials.
- All manufacturer labeling must clearly be in place.
- Only set them up in a safe area for use.

Immediately remove damaged or unsafe ladders from service and notify your supervisor.

# USING LADDERS SAFELY

## FOR SAFE USE:

- Maintain at least 3 points of contact when climbing or descending a ladder. (Two hands and a foot or two feet and a hand).
- To keep your hands free, do not carry material up or down ladders.
- Stay near the middle of the ladder, always face the ladder and never over reach.
- Only place ladders on a stable, level surface that is not slippery.
- Use barricades when necessary to keep traffic away from the ladder.
- Do not set up within 10' of a power line or use metal ladders near any electricity.
- Do not use a ladder for other than it is intended. For example, do not use a folded step ladder.
- Never climb above the top two steps of a ladder.
- **Extension ladders** are to be set up at a 4:1 pitch, extend at least 3' above the platform of access, and be secured.

# CHOOSING THE RIGHT LADDER

Never exceed the weight limit! Only use Type 1, 1A, or 1AA ladders.

Type:	Weight Rating:	Duty Rating:
1-AA	375 pounds	Super Heavy Duty
1-A	300 pounds	Extra Heavy Duty
1	250 pounds	Heavy Duty Industrial
2	225 pounds	Medium Duty
3	200 pounds	Commercial Light Duty Household

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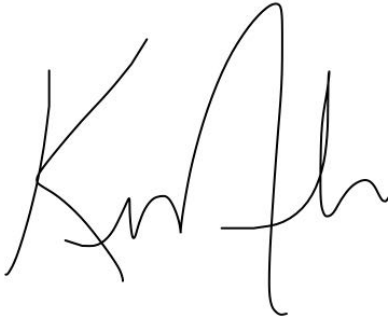
## Attendees Names

Joseph Argueta  
Kyven Coleman  
Grant Harkness  
Nolan Cwik  
Nate Peters  
Dylan Rhodes

## Attendees Signatures

N/A  
N/A  
N/A  
N/A  
N/A  
N/A

## CONDUCTOR SIGNATURE

A handwritten signature in black ink, appearing to read "Kim Ah". The signature is fluid and cursive, with the first name "Kim" and the last name "Ah" written in a single continuous stroke.

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