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SAFETY TALKS! for PowerPoint

Ladder safety, rung by rung

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**Use the right ladder for the job
and use it safely**

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Don't become a statistic

- Standing on or near the top rung is begging trouble
- Never use metal ladders if there's any chance of contact with electricity

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Never assume a ladder is safe to use

- Check for cracks, bent legs, broken rungs and other defects
- Don't use it if you spot a problem

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Ladders must only be used on dry, even surfaces that are clear of obstacles

- **Lean ladders against solid, stable vertical surfaces only**
- **Never place a ladder against any door that can be opened by others**

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Follow the belt buckle rule

Ensure the frame is securely locked in place before climbing

Use a spotter to secure the ladder while you climb

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Be especially careful when climbing a ladder in windy conditions

- Fasten the top to a secure object to prevent tipping
- Always face the rungs while climbing up or down

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Take precautions to prevent a possible fall

- Use both hands while climbing and lock a leg around a rung when you need to have one hand free
- Like bicycles, ladders are not designed for doubling

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Ladder safety should never be a stretch

- If your legs are shaking get down
- If it feels unsafe, it probably is

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