

Using Ladders Safely

Practical safety briefing

Talk title	Delivered by
Date	Location

Why it matters

Falls from height are a leading cause of serious and fatal injuries at work, and ladders are involved in many of them.

Key points

- Use a ladder only for short-duration, low-risk work where other equipment isn't justified.
- Check the ladder before use: feet, stiles, rungs and locking devices.
- Set it on firm, level ground at the right angle and secure it where possible.
- Keep three points of contact and don't overreach.
- Don't carry heavy or bulky items while climbing.
- Take damaged ladders out of use and report them.

Questions to ask your team

- What jobs do we use ladders for, and could other equipment be safer?
- When were our ladders last checked?
- Who checks them before use?

