

Talk No: 11	Title: LADDER USE
<p>Introduction: Ladders are one of the most used, and abused, pieces of equipment on a construction site. When abused and misused, they have enormous potential to cause accidents and injuries.</p>	
<p>Main points:</p> <ul style="list-style-type: none"> – Ladders are essentially a means of access/egress and should only be used as working platforms for very short duration tasks, where alternative platforms would be impracticable, and where such tasks can be carried out safely using a ladder. – Only industrial class ladders should be used, which are in good condition (no missing/broken rungs, split stiles, etc.). – Ladders must be suitable angled (1 unit out for every 4 units up) and suitably secured (preferably tied off at the top using both stiles to prevent both sideways slip and rotation). <p>Discussion points:</p> <ul style="list-style-type: none"> – Ladders must extend sufficiently beyond working platforms to allow for safe access/egress. – Ladders must not be painted (this hides defects), should be stored correctly, and be subject to regular inspection. – Never take serviceability for granted, always carry out a visual check prior to use. Report any defects immediately. – Never carry out homemade repairs on a ladder, and never use a ladder with existing homemade repairs, and never use a homemade ladder! – Always stand ladders on a firm base. Never use milk crates, oil drums, etc., to gain extra height, and if ground is soft use suitable support. Consider staking at bottom. – Never use rungs as a support for planks, or rest rungs on planks. – Remove excessive mud, grease, etc., from footwear prior to climbing/descending a ladder. – Always use both hands to climb/descend, and face the ladder. – Do not carry loads up ladders – use hoists or alternatives. – Never over reach from ladders – get down and move them. – Avoid using metal ladders against metal surfaces – the reduced friction makes them more liable to slipping. – Beware of overhead obstructions, especially overhead power lines (metal ladders/metal reinforcements). <p style="text-align: center;">SILLY PEOPLE TAKE CHANCES – SENSIBLE PEOPLE TAKE PRECAUTIONS</p>	
<p>Notes:</p>	