



# Safety in Five

Topic: \_\_\_\_\_

Date: \_\_\_\_\_

Location: \_\_\_\_\_

Company: \_\_\_\_\_

## Topic specifics relevant to your job

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### ☐ Falls are one of the leading causes of unintentional death in the US

- 43% of fatal falls involve a ladder
- 50% of ladder-related injuries were due to individuals carrying items as they climbed

### ☐ The most common causes of ladder accidents

- Selecting the wrong type of ladder
- Using a worn or damaged ladder
- Incorrect use or placement of ladder
- Using a chair, box or climbing racks in lieu of a ladder

### ☐ Inspect ladder before use

- Level ground support
- Spreaders locked
- Rungs and gripping services clean
- No structural damage
- Ladder is appropriate for the job
- Ladder is the proper length for task

### ☐ Stock storage tips

- Assure step ladders are located convenient to stock storage
- Keep lightest storage on top tiers
- Assure stock is neatly arranged
- Keep floors around rack storage free of clutter

### ☐ User reminders

- Clean soles of shoes to maximize traction
- Use a tool belt or have a co-worker convey materials so three points of contact can be maintained while climbing
- Climber aligned with center – belt buckle between side rails
- Face the ladder with a firm hold when ascending/descending
- Do not jump down from the ladder
- Only one person on a ladder at a time
- Set up close to work – do not extend each or jog
- Do not stand on top step or cap
- Never climb on stock, racks, chairs or other platforms
- Do not carry objects in hand(s) while climbing

Sources: American Ladder Institute, CDC

## Attendees (Names/Signatures)

_____	_____
_____	_____
_____	_____
_____	_____
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## Comments/Suggestions

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