



Safety in Five

Topic: Restaurants Ladder Safety

Date: _____

Location: _____

Company: _____

Topic specifics relevant to your job

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 are:

- 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 for the following before use:

- Level ground support
- Spreaders locked
- Rungs and gripping surfaces clean
- No structural damage

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
- Have a co-worker convey materials so three points of contact are maintained while climbing
- Climber aligned with center – belt buckle between side rails
- Face the ladder with a firm hold when ascending or descending
- Do not jump down from the ladder
- Only one person on a ladder at a time
- Set up close to work – no extended reaching or jogging
- No standing on top step or cap
- Never climb on stock, racks, chairs or other platforms
- Do not carry objects in hand(s) while climbing
- If ladder must be set up in the path of traffic, use pylons to notify passers-by

Attendees (Names/Signatures)	

Comments/Suggestions