



COMMONWEALTH  
CONTRACTORS



SAFETY TOPIC OF THE MONTH

MARCH 2023

# LADDER SAFETY

The American Ladder Institute designates March as National Ladder Safety Month and for good reason. According to the Bureau of Labor Statistics, 161 people died from ladder related injuries in 2020. Furthermore, there were 22,710 total ladder related accidents in the workplace. If you include ladder injuries outside the workplace the number grows to over 500,000. Many of these accidents resulted in debilitating injuries and paralysis, and even more resulted in lost time from work. Compounding the problem is the fact that ladders continue to be one of the most difficult hazards to mitigate. Most of the time ladders cannot be engineered out of a project, and very few effective fall protection methods are available. That's why training and awareness are so critical. Watch this video for a quick run through of important ladder safety items:

[How to Use Ladders Safely | Ask This Old House - YouTube](#)

## **DISCUSS:**

*(check off each item as you discuss it)*

- What types of ladders do we use and how often do we use them?
- Have there been any injuries involving ladders that we should discuss?
- Are inspections being done before each use and what items are we looking at?
- Are we storing our ladders properly?
- Are all ladders properly labeled and what do the labels tell us?
- Is special attention being paid to overhead utility and power lines?
- Are we properly trained on CPR/First Aid in case of a ladder fall or electrocution injury?
- Are we utilizing all available safety accessories?

## **KEY POINTS TO REMEMBER:**

- Always inspect the ladder for damage before using it.
- Know what the labels mean.
- Whenever possible have someone hold the ladder for you.
- Check for power lines.
- Ensure a 4:1 base to height.
- Always have 3 feet of ladder above the walking surface.

## **EXAMPLES OF LADDER SAFETY ACCESSORIES:**

[Ladder Attachments | Ladder Safety Accessories](#)  
[industrialproducts.com](http://industrialproducts.com)

# SIGN-IN SHEET

Today's Date: \_\_\_\_\_

Safety Meeting Leader:  
\_\_\_\_\_

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
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- 16. \_\_\_\_\_

### ***CONDUCTING A SAFETY MEETING***

- 1. Gather employees together
- 2. Have all employees sign-in!
- 3. Review the material
- 4. Have an employee sum up the lesson
- 5. Lead by example!

***Be sure to keep the instruction sheet and the sign-in sheet in your permanent files!***

***It may be used as evidence of training in a future workers' compensation case or at an OSHA inspection.***