



TOOLBOX TALK



TOPIC DISCUSSED:

LADDER SAFETY



Falls from ladders can cause fatal falls as users do not follow the basic rules of ladder safety. Injuries and accidents can be avoided if the following guidelines are applied.

Every ladder used must be constructed of sound material and must be suitable for the purpose for which it is used. Ladders used must comply with General **Safety Regulations 13A and SABS 1304**.

Ladders used must be inspected before each use to ensure it is still fit for purpose and monthly ladder inspections must be conducted by the appointed ladder inspector to ensure that the ladder is safe for use.



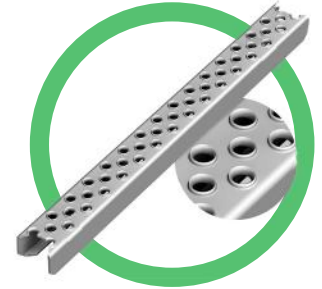
QUESTIONS:

1. What is the maximum allowable height of an extension ladder?
2. How far past the top landing must an extension ladder be extended for safe access?
3. How can a ladder be secured during normal use?

GUIDELINES FOR LADDER SAFETY:

Rungs and treads shall have non-slip surfaces on the working faces and shall be so fixed to the stiles that, should they loosen during use, they cannot become detached from the stiles.

Rungs and threads shall be uniformly spaced and not less than **250mm or more than 310mm apart** (measured from centre to centre of adjacent rungs or threads). For treads, the width of the top of each tread shall be at least **75mm**.



The highest safe working point on a stepladder is the second top tread.



The bottom ends of the ladder must be fitted with non-skid devices at the bottom ends and hooks or similar devices at the upper ends of the stiles which shall ensure the stability of the ladders during normal use.

Ladders must be lashed, held or secured whilst being used to ensure the stability of the ladder under all conditions and at all times.

Do not place a ladder in front of a doorway unless the door is chocked open, locked or guarded.

When moving up or down a ladder face the ladder and have at least one hand free to grip the ladder. Keep side movement to a minimum, as ladders are not designed for such movement, instead of trying to over-reach rather re-locate the ladder.

TOP TIPS:

Step Ladder height shall not exceed **3,6M** & for an extension, shall not exceed **14M**



ONE PERSON should be on a ladder at any time.

The top of the ladder must extend at least **1M** above the point of the landing or topmost point of the working area

THE ANGLE OF INCLINATION:

Place a ladder single ladder or extension ladder when in use, that the distance between the foot of the ladder and the support against which it is placed is one-quarter of the length of the ladder that is below the point of support.



(FULLY EXTENDED).



MARKING OF A LADDER

Each ladder shall bear the manufacturer's name or trade name or trademark, the date of manufacture or a batch identification number or symbol.

Use only ladders that have been manufactured to a standard specification that is recognized by the South African Bureau of Standard.

DO NOT USE LADDER THAT HAS BEEN **MODIFIED OR STRUCTURALLY DAMAGED**

