Stony Brook University

SAFETY TALK

Environmental Health and Safety Newsletter February 2022

Ladder Safety

Ladders are indispensable for so many jobs like painting, repairing roofs, reaching storage areas, or changing light bulbs. People think more about the task at hand than the ladder that will get them there. The main hazard involved with ladder use is falls. A fall can be the result when a ladder fails due to overloading or damage. Employees can fall if they slip or lose their balance while climbing on the ladder. Employees also risk a fall if they reach too far while working on top of a ladder. Weather can be a factor when ladders are used outside. Oil or grease on a ladder can also contribute to a fall. Ladders that are not set up securely can shift, causing the person on the ladder to fall. Ladders that are not protected from traffic can be accidentally hit at the base to cause a fall.

A few precautions for safe ladder use

- Inspect the ladder for defects before you use it.
- Select a ladder with adequate length and load limits.
- Do not use metal ladders near electrical lines.
- Don't tie ladders together to make them longer.
- Set up the ladder on a firm, solid surface. Don't place a ladder on boxes or blocks to make it taller.
- Hoist tools or other materials up to you after you've reached the top of the ladder. Wear a toolbelt to help you manage tools while you're working on a ladder.
- Work within the side rails. If your belt buckle goes past the side rail, you are leaning too far. Descend and move the ladder as needed to stay close to your work.
- To avoid slipping on a ladder, check your shoes for oil, grease, or mud and wipe off before climbing.
- Don't lean out of the side when you're on a ladder. If something is out of reach, get down and move the ladder over.
- Most ladders are designed to hold only one person at a time. Two may cause the ladder to fail or throw it off balance.
- Do not use a stepladder as a straight ladder in a folded and leaning position.

Care of Ladders

- Take good care of ladders and they'll take care of you. Store them in well-ventilated areas, away from dampness.
- Do not paint ladders or cover them with stickers other than what is provided by the manufacturer.

Date:	
Department:	
Supervisor ***(please print)*****:**	
Supervisor Signature:	
Employee Participants: ***Please Print Clearly***	*Signature*

Environmental Health and Safety

110 Suffolk Hall Stony Brook, NY 11794
Main Office: 632-6410 Fax: 632-9683

Supervisor must perform safety talk for the noted month and ensure all employees sign off on this form. Completed form is to be kept on file by department.