

Date: September 20, 2021		FAX THIS SHEET IN TO THE OFFICE AFTER YOUR MEETING!!!	
Project Number#:	Job Name:	Person Conducting Meeting:	

Step Up to Ladder Safety

All ladders are potentially dangerous. Accidents involving extension ladders and special-purpose ladders (stairway ladders), usually happen because:

- 1.) The ladder is damaged or defective.
- 2.) The ladder is set up improperly.
- 3.) The ladder is used improperly.

REMEMBER, ladder accidents can cause very serious injuries.

Be careful when working on a high ladder or using a ladder in an awkward or hard-to-reach spot.

- a.) **Always** inspect the ladder before every use.
- b.) Move carefully when working on a ladder.
- c.) Always have 3-point contact while on a ladder. (1 hand & 2 feet)
- d.) Ext. ladders should be tied off at the top with the proper angle. (3' over the edge & 4X1 angle)
- e.) Don't "walk" a step ladder. Get off the ladder and move it to the next work area.



3-Point Contact

Last week's Bonus Question: Who is responsible to inspect our equipment before using it?

Answer: Scott, Kevin, Dave & JD said it is the responsibility of the equipment operator to make sure the equipment is inspected and in good working order.

For **inspection packets** or **repair tags** call **Dave Sangren @ (612) 644-3136** to have some delivered to your jobsite.
Please call Dave if your jobsite is in need of hand sanitizer, bleach cleaner, masks, etc.

Any questions give Sturg a call (612) 221-8603

PLEASE PRINT YOUR NAME!!!

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Visit our website: www.olympiccompanies.com

Comments:

As of **September 16, 2021** we have worked **31** days without a Lost Time Injury.
We have safely worked **50,968** hours towards our ATV goal of **150,000** hours!

Toolbox Talks winner for last week: **Scott Marshall @ Regions, Kevin Comeau @ Essentia
JD @ Aster House, David Jenks @ The Larking**

This week's Bonus Question: What do we do if the instruction labels are damaged on our ladders?

Hint: **See Foreman**

"Building a Safer Place to Work" one week at a time.

OSHA QUICK CARD™

Portable Ladder Safety Tips

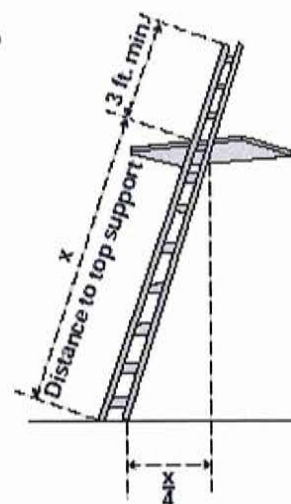


Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.

Portable Ladder Safety Tips™

- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing (see diagram).
- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on the ladder.
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support (see diagram). Do not stand on the three top rungs of a straight, single or extension ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface (see diagram).
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.



For more complete information:



U.S. Department of Labor
www.osha.gov (800) 321-OSHA