



Ladders - Three Points of Contact

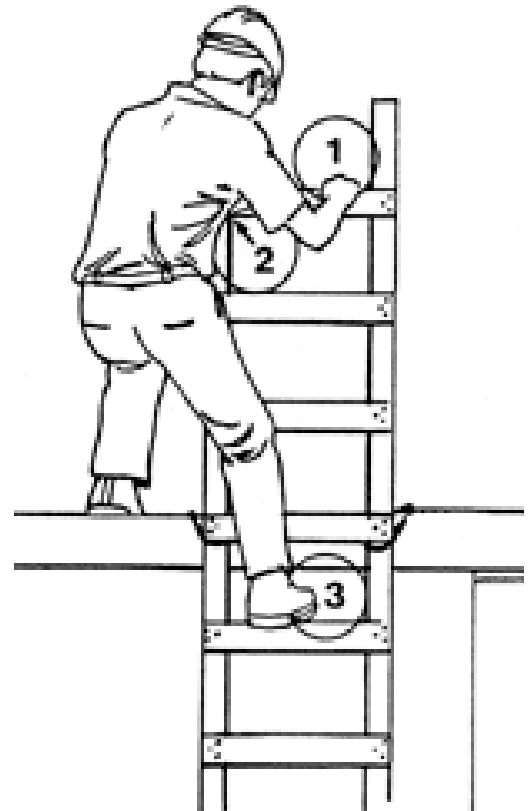
Toolbox Talk Lesson Plan

Today we're going to talk about climbing up and down ladders. It's not as easy as it sounds. Many ladder accidents occur when people are getting on or off the ladder.

To use ladders safely, always maintain three points of contact. That means two hands and one foot or two feet and one hand on the ladder at all times.

Three-point contact helps prevent injuries from slips and falls.

- Clean mud, snow, and other slippery substances off your boots before climbing.
- Always climb up and down *facing* the ladder.
- Place both hands firmly on the side rails before stepping onto a ladder.
- Use 3-point contact climbing a ladder one hand and two feet or two hands and one foot on the ladder at all times. Slide hands along rails rather than move rung-to-rung.
- Break 3-point contact only when you reach ground or a stable platform.
- Keep your body between the side rails. Don't lean out on either side.
- Make sure that ladders extend at least (3 feet) above their bearing point at floor or landing.
- Don't carry tools, equipment, or material in your hands while climbing. Use a hoist line or gin wheel for lifting and lowering.



[Demonstrate procedures mentioned in this talk.]

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