



Toolbox Talk: Ladder Safety

Choosing the Right Ladder

Always choose the correct ladder for the job or task to be performed.

There are many types of ladders, ranging from simple wooden job-built ladders to specialty ladders used for specific jobs. Ladders may be made of timber, aluminum, or fiberglass. There are three main types of ladders used in the construction industry: 1) extension, 2) step, and 3) multi-purpose.

Keep the following in mind when choosing the right ladder for your job:

- For indoor use, stepladders or multi-purpose ladders are usually recommended. For outdoor work, taller stepladders, multi-purpose, or extension ladders are generally more appropriate.
- Do not use aluminum ladders when working around electricity. Chose a ladder made out of non-conductive material for electrical work, such as when working near overhead power lines.
- Make sure that the ladder is the proper length to do the job safely.
- Chose a ladder that is designed for how you intend to use it. For example, do not use step ladders in a folded and leaned position in place of a straight ladder.
- Chose a ladder that is capable of supporting your weight and the weight of any materials you will be using. See the chart below.

| Type | Weight Rating | Duty Rating |
|------|---------------|------------------------|
| 1-AA | 375 pounds | Super Heavy Duty |
| 1-A | 300 pounds | Extra Heavy Duty |
| 1 | 250 pounds | Heavy Duty Industrial |
| 2 | 225 pounds | Medium Duty Commercial |
| 3 | 200 pounds | Light Duty Household |

This Toolbox Talk was developed through the Construction Roundtable of OSHA's Alliance Program for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor.



This Toolbox Talk was developed through the Construction Roundtable of OSHA's Alliance Program for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor.

Discussion leader duties:

Obtain a ladder that you or an employee can use during the discussion to demonstrate key points.

What this Toolbox Talk covers:

This toolbox talk reviews how to choose the correct type of ladder.

Discussion notes:

Emphasize the importance of choosing the right ladder for the job. Note that 129 employees were killed in 2005 due to falls from ladders.

Review Questions:

1) What are the three main types of ladders?

Answer: Extension, step, and multi-purpose.

2) What ladders are good to use around electricity?

Answer: Fiberglass.

3) When are aluminum ladders not appropriate for use?

Answer: When working around electricity.

Talk Given By: _____ **Date:** _____
Company: _____ **Location:** _____

| Printed Name | Signature |
|--------------|-----------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |