

# SAFETY TALK



NORTH DAKOTA STATE UNIVERSITY • UPPER GREAT PLAINS TRANSPORTATION INSTITUTE • NORTH DAKOTA LOCAL TECHNICAL ASSISTANCE PROGRAM



## PLAN . PROVIDE . TRAIN .

*Three simple steps to preventing falls.*

**Plan** ahead to the job done safely. **Provide** the right equipment. **Training** everyone to use the equipment safely.

### [NATIONAL SAFETY STAND-DOWN TO PREVENT FALLS IN CONSTRUCTION MAY 6-10, 2024](#)

Fatalities caused by falls from elevation continue to be a leading cause of death for construction employees, accounting for 395 of the 1069 construction fatalities recorded in 2022 (BLS data). **Those deaths were preventable.** The National Safety Stand-Down raises fall hazard awareness across the country in an effort to stop fall fatalities and injuries.

### 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 mind when choosing the right ladder for your job.

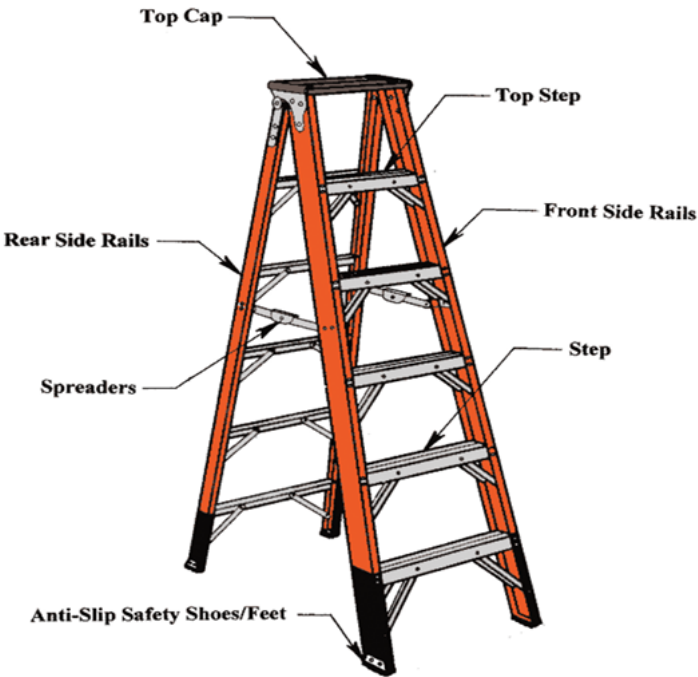
- For indoor use, stepladders or multi-purpose ladders are usually recommended.
- For outdoor work, taller stepladders, multi-purpose, or extension ladders are generally more appropriate.
- Do not use aluminum ladders when working around electricity. Chose a ladder made out of non-conductive material 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.
- Choose 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.
- Choose a ladder that is capable of supporting your weight and the weight of any materials you will be using. See chart on the next page.

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Type	Weight Rating	Duty Rating
1AA	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 commercial

An example of a stepladder you should be using for the appropriate job:

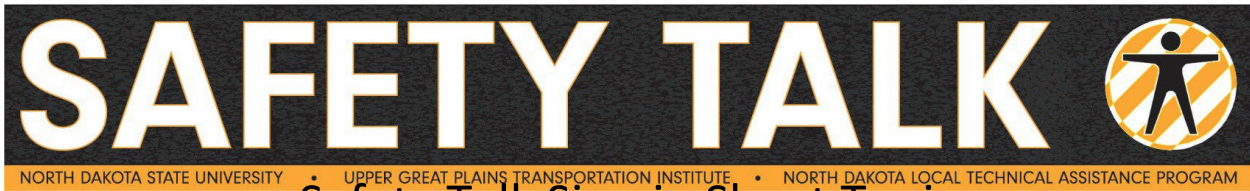


<https://www.osha.gov/sites/default/files/publications/OSHA3662.pdf>



Safety Talks are published by NDLTAP in cooperation with the National Local Technical Assistance Association and participating partner organizations.





## Safety Talk Sign-in Sheet Topic Ladder Safety

Agency: \_\_\_\_\_

Crew: \_\_\_\_\_

Supervisor/Talk Leader: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name

Signature

1.	_____	_____
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