



Digitize, Automate Safety Toolbox Talks, & Save Time.

## Topic: Extension Ladder Setup and Angle Requirements

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Team / Department: \_\_\_\_\_

Talk Conducted By: \_\_\_\_\_

Using ladders can feel pretty straightforward, right? Grab one, lean it against whatever you're working on, and you're good to go. But just a little attention to safety here can make all the difference. Let's dive into the nitty-gritty of setting up extension ladders correctly. This isn't just about doing it right; it's also about going home injury-free.

### Understanding Ladder Setup

Setting up an extension ladder goes beyond just leaning it against a wall. Let's look at the steps you should always follow:

- **Check the Ladder:** Before starting, inspect the ladder for any defects, like bent rungs or damaged feet. Even the smallest issue can lead to significant problems.
- **Stable Surface:** Make sure you place the ladder on a flat, stable surface. Avoid sandy or uneven ground, and never set it on a vehicle.
- **Secure the Base:** It's important to have someone stabilize the bottom, or use ladder levelers if needed. Safety first!

### *The 4-to-1 Rule*

One critical concept to remember when setting up an extension ladder is the **4-to-1 ratio**. This means for every four feet of height you want to reach, the base of the ladder should be one foot away from the wall. Sounds straightforward, but let's visualize it a bit:

- If you're looking to reach 12 feet, the base of the ladder should be set 3 feet away from the wall ( $12/4 = 3$ ).
- Likewise, for a 16-foot height, the base should be set 4 feet out ( $16/4 = 4$ ).

### How to Set the Angle Correctly

While the 4-to-1 rule is a fantastic guideline, ensuring the right angle can further ensure your safety:

- **Visual Check:** The ladder should form about a 75-degree angle with the ground. Too steep, and you risk tipping over; too flat, and it could slide out.
- **Test the Stability:** Before climbing, give the ladder a slight shake. It should feel solid and not wiggle.

***Common Mistakes in Ladder Setup***

It's easy to overlook the details, especially when you're in a hurry. Avoid these common mistakes:

- **Ignoring the Weight Limit:** Every ladder has a specific weight capacity. Make sure to check the ratings!
- **Overreaching:** Leaning too far while on the ladder can result in a fall. Stay centered on the rungs.
- **Climbing with Tools:** Always avoid carrying tools in your hands while climbing. Use a tool belt or hoist them up with a rope.

**Proper Ladder Maintenance**

Keeping ladders in good condition is essential for safety. Regular maintenance can help catch issues before they lead to accidents:

- **Cleaning:** Always keep ladders clean. Dirt or grease can make the rungs slippery.
- **Storing Properly:** Store ladders in a dry place to avoid damage from weather conditions.

***Scenario Examples***

Let's put these guidelines into some relatable scenarios:

- Imagine trying to paint the upper section of a wall without properly checking the ladder's angle. If the angle was too steep, that ladder could easily tip, causing a serious fall.
- Or consider someone who decides to prop the ladder against a bumpy surface to access a roof. Not only does this missetup put them at risk, but if that ladder moves just a little, it could lead to a disaster.

**Conclusion: Ladder Safety is Team Safety**

In a work environment, everyone's safety is tied to how well we set up equipment. Ladder safety isn't just your business; it's everyone's. Let's keep these guidelines in mind and ensure that we all go home safe at the end of the day. If there are any questions about ladder setup or safety, don't hesitate to ask for help!

**Attendees:**

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