



# Emergency Planning Solutions

FIRE / HEALTH & SAFETY TRAINING.

Tel – 01244 – 550253

## Ladder Safety Toolbox Talk

Many workers are killed or injured each year while using ladders. Falls from height remain one of the biggest causes of workplace deaths and one of the main causes of major injury. Make sure *your workforce* know how to use Ladders correctly and keep safe when working at height.



### Ladder Safety

#### Climb the ladder carefully

- Wear appropriate shoes with good soles and that are free of grease or mud.
- Always face the ladder
- use both hands when climbing up or down.
- Always climb and work from the centre of the ladder.



#### Course contents:

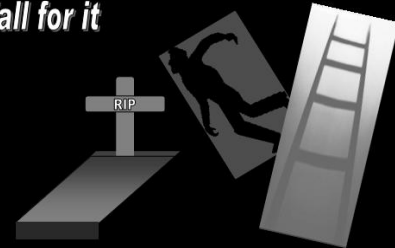
- Falls from height
- Work at Height
- Relevant Legislation
- UK ladder Standards / Ratings
- Ladder Inspection and maintenance
- Ladder use
- Do's and don'ts when using a ladder
- Step ladder safety
- How to store ladders

#### Each Training Course includes:

- Delegate Training notes
- Certificate of Attendance.
- Course evaluation form.
- Course Attendance form.
- Training Record form.

Duration – Two Hours

#### Don't fall for it



**Your ladder is one of your most important tools. It is also is one of your most unforgiving if misused or mistreated;  
So use it safely and wisely.**