

TOOLBOX MEETING GUIDE



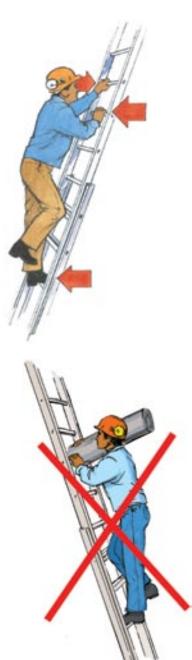
Safe ladder use

Falls from ladders are one of the leading causes of injuries to construction workers in British Columbia.

- When climbing up or down, workers should
 - Always face the ladder
 - Use a three-point contact climbing method as shown at right (two hands and one foot, or one hand and two feet)
- Only one worker at a time is allowed on a single-width ladder.
- Workers must not use ladder-type material hoists for roof access unless the hoists are designed for that purpose.



Workers must not work from the top two rungs of a ladder.



Workers must not carry heavy, bulky, or hazardous materials when climbing ladders. Suitable hoisting equipment must be used for this purpose.

Project:	Address:		
Employer:	Supervisor:		
Date: Time:	Shift:		
Number in crew:	Number attending:		
Other safety issues or suggest	ions made by crew me	embers:	
Record of those attending:			
Name: (please print)	Signature:	Company:	
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2.			
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15.			
Manager's remarks:			
Manager:	Supervisor:		
(signature)		(signature)	



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