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SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3>Ladder Safety</h3> <ul style="list-style-type: none"> Working around ladders is routine for most sheet metal workers. While ladders are simple devices for safe climbing, many accidents are caused by the improper use of ladders. Before using a ladder, check the footings and pads for a non-skid surface and inspect the ladder for defects such as broken rungs, rails or cleats. If any defect is found, report the problem to a supervisor and take the ladder out of service until it is fixed. When setting up a ladder, make sure that the footing is level and that the ladder rests on a firm, stable platform. When using a straight ladder, be sure that you lean it against something solid and secure. Make sure the ladder is at least 3 feet above the "point of support." All straight ladders must be tied off at the top or held at the base by another co-worker. Abide by the 1:4 rule. Make sure that the bottom of the ladder is out from the vertical structure about one-fourth the distance from the upper support to the bottom. For example, if the height to access is 8 feet high, the base of the ladder should be 2 feet away from the structure. If the access height is 12 feet, the base of the ladder should be 3 feet from the structure. Once a ladder is properly in place, step onto it facing the rungs and grasp the rails with both hands. To reduce the chance of the ladder tipping over, climb one rung at a time and keep your body in between the side rails of the ladder. Keep your hands free for climbing. Do not try to carry tools or anything else up the ladder with you. Instead, hang tools in a sack or from a strap hung over your shoulder, or use a bucket to haul them up. Never climb higher than the third rung from the top of a straight ladder or the second tread from the top of a stepladder. 	<h3>Instructor Tips</h3> <ul style="list-style-type: none"> Demonstrate the proper method for setting up a ladder. Inform workers of the "3-point rule" (At least 2 hands and 1 foot, or 1 hand and 2 feet should be in contact with the ladder at all times). Remind workers that only one person should be on a ladder at a time.
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