



Therma LLC

## **Weekly Safety Meeting** **For The Construction Industry**

Safety Meeting Outlines	1601 Las Plumas Ave., San Jose, CA 95133-1613 (408) 347-3400	Vol. 16	No. 10	Week of 03-11-19
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Company Name Therma Job Name \_\_\_\_\_ Date \_\_\_\_\_

### **LADDERS – GRAVITY ALWAYS WINS**

As soon as you set foot on the ladder's first rung and pull your body off the ground, gravity works to bring you back to earth. Therefore, ladder safety begins from the ground up.

#### **Start with a good foundation**

Proper ladder setup will help prevent slips and falls. Place the base on a firm, solid surface. Avoid slippery, wet or soft surfaces. Place a board under the ladder's feet to provide firm footing if you must. Make sure the top of the ladder has firm support as well.

Never lean a ladder against an unstable surface. If you're using a straight or extension ladder, the angle of the ladder is the next critical safety factor. A straight or extension ladder should be placed 1 foot away from the surface it rests against for every 4 feet of ladder height. For example, if the ladder is 4 feet high, the bottom of the ladder should be 1 foot away from the support surface.

If you use a ladder to access a roof or platform, make sure the ladder extends at least 3 feet above the landing.

Be sure to securely fasten straight and extension ladders to the upper support. If you have angled the ladder properly and still have doubts about its stability, have someone hold the ladder before climbing up.

If you're using a step ladder, be sure to open it completely before you climb. If you have to use a step ladder near a doorway, lock or barricade the door and post signs so no one will open it and knock you off the ladder.

#### **Climb with care**

When you climb, always face the ladder and grip the rungs of the ladder to climb, not the side rails. Never get on or off a ladder from the side unless it has been secured to prevent movement.

Never climb with equipment in your hands. Use your pockets, equipment belt, or a tool pouch and raise heavy objects with a hand line. If you forget something, always climb down the ladder to retrieve it yourself; don't have someone toss it up to you. And never ask someone to climb up your ladder to give you supplies. It is dangerous to exceed the weight limits that a specific ladder can handle.

When you descend a ladder, practice the same safety rules. Face the ladder, keep your body square and hold on to the rungs. Lastly, step off at the bottom rung of the ladder. Never jump off of a ladder.

### **SAFETY REMINDER**

***Use the right ladder for the job.***

Employee Safety Recommendations: \_\_\_\_\_

Meeting Attended By: \_\_\_\_\_

**Supervisor's Signature** \_\_\_\_\_

These instructions do not supersede local, state, or federal regulations.

# Therma Safety Training

Site \_\_\_\_\_

Topic \_\_\_\_\_

Instructor \_\_\_\_\_

Date \_\_\_\_\_

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