

Three-Point Rule Will Make You Safer

Whether workers climb a ladder or the steps to a large vehicle, failing to heed the three-point rule has resulted in many workplace injuries and deaths.

A worker climbing a small ladder fell to the ground from a height of only four feet (1.2 meters), striking the side of his head. He was found unconscious and later died in hospital. He may have been holding a container as he climbed, so probably didn't maintain three-point contact with the ladder. Three-point contact means two hands, one foot or two feet, one hand.

Here are other essentials for ladder safety:

- Extend an extension ladder at least three feet (one meter) beyond the top surface the ladder rests on.
- A ladder is secure when its feet are placed one-quarter of the ladder's working length away from the base of a structure.

Before using a ladder

- Inspect the ladder. If you find defects, reject and tag it. Have faulty ladders repaired or discarded immediately.
- Use a ladder with correct strength, type and length for your task.
- Get help when handling a heavy or long ladder.
- Place the ladder on a firm, level surface. Use a ladder with slip-resistant feet or secure blocking, or have someone hold it.
- Rest both side rails on the top support. Secure ladder to prevent slipping.
- Keep ladders away from electrical wires.
- Tie off ladders at the top and secure the bottom to prevent slipping.
- Set up barricades and warning signs when using a ladder in a doorway or passageway.
- Before mounting a ladder, clean muddy or slippery boot soles.

When using a ladder

- Always face the ladder when climbing or working from it.
- Keep the center of your body within the side rails.
- A ladder should not be placed horizontally as a scaffold plank or runway.

- Don't carry objects in your hands. Hoist materials or attach tools to a belt.
- Don't work from the top three rungs.
- Don't use a portable ladder if you could replace it with a fixed stairway or scaffold.
- Don't join two short ladders to make a longer ladder.
- Don't paint wooden ladders. Paint may hide defects. Instead, use wood preservatives or clear coatings.

Ladder safety is a frame of mind. Use it to climb your way to success on and off the job.

QUIZ

1. Two hands and one foot, or two feet and one hand should contact whatever ladder you're using.
 - ☐ True
 - ☐ False
2. A ladder is placed securely when its feet are one-quarter of the ladder's working length away from the wall.
 - ☐ True
 - ☐ False
3. It is wise to get help when handling a heavy or long ladder.
 - ☐ True
 - ☐ False
4. Tying off ladders at the top and securing the bottom helps prevent slipping.
 - ☐ True
 - ☐ False
5. Barricades and warning signs prevent accidents when a ladder is in a doorway or passageway.
 - ☐ True
 - ☐ False
6. Climbing a ladder with wet or muddy soles is not a good plan.
 - ☐ True
 - ☐ False
7. It is unsafe to carry objects in your hands while climbing a ladder.
 - ☐ True
 - ☐ False
8. It's safe to use ladders as scaffold planks.
 - ☐ True
 - ☐ False
9. If you need a longer ladder to be safe, you can join two short ladders.
 - ☐ True
 - ☐ False
10. Painting a wooden ladder is safer than using a clear coating on it.
 - ☐ True
 - ☐ False

AFTER THE TALK- CHECKLIST

PROVIDED FOLLOW-UP TO WORKERS THAT DID

- ## POORLY ON THE QUIZ

NAME: _____

DATE: _____

TASK(S): _____

DATE: _____

TOPIC(S): _____

DATE: _____

OTHER (DESCRIBE): _____

MEETING DATE: _____

LOCATION: _____

[illegible]

1. True
2. True
3. True
4. True
5. True
6. True
7. True
8. False
9. False
10. false

ATTENDANCE

[illegible]

INSTRUCTOR: _____ DATE: _____

SAFETY TALK: _____