



Toolbox Talk: Ladder Safety

Project Type: Interior Renovation

Topic: Ladder Safety

Purpose: Prevent falls, injuries, and violations related to ladder use on NYC interior renovation projects.

Why This Matters

Falls from ladders are one of the leading causes of serious injuries on construction sites. Improper ladder selection, setup, or use can result in lost time, OSHA violations, and permanent injury. Ladder safety is not optional — it is a basic requirement of working safely.

Approved Ladder Use

- Use only ladders that are in good condition (no cracks, bends, or missing feet)
- Step ladders must be fully opened with spreaders locked
- Extension ladders must extend at least 3 feet above landing surfaces
- Ladders must be rated for the user's weight and task
- Use ladders only on stable, level surfaces

Prohibited Ladder Practices

- Standing on the top step or top cap of a ladder
- Using ladders sideways or as a platform
- Overreaching beyond ladder rails
- Placing ladders on boxes, buckets, or debris
- Using damaged or makeshift ladders

Proper Ladder Setup & Use

- Maintain three points of contact at all times
- Face the ladder when climbing up or down
- Keep ladder areas clear of foot traffic
- Do not move ladders while someone is on them
- Tools should be carried in tool belts or hoisted separately

Supervisor Responsibilities

- Inspect ladders daily before use
- Remove damaged ladders from service immediately
- Enforce ladder safety rules consistently
- Stop work if unsafe ladder use is observed

