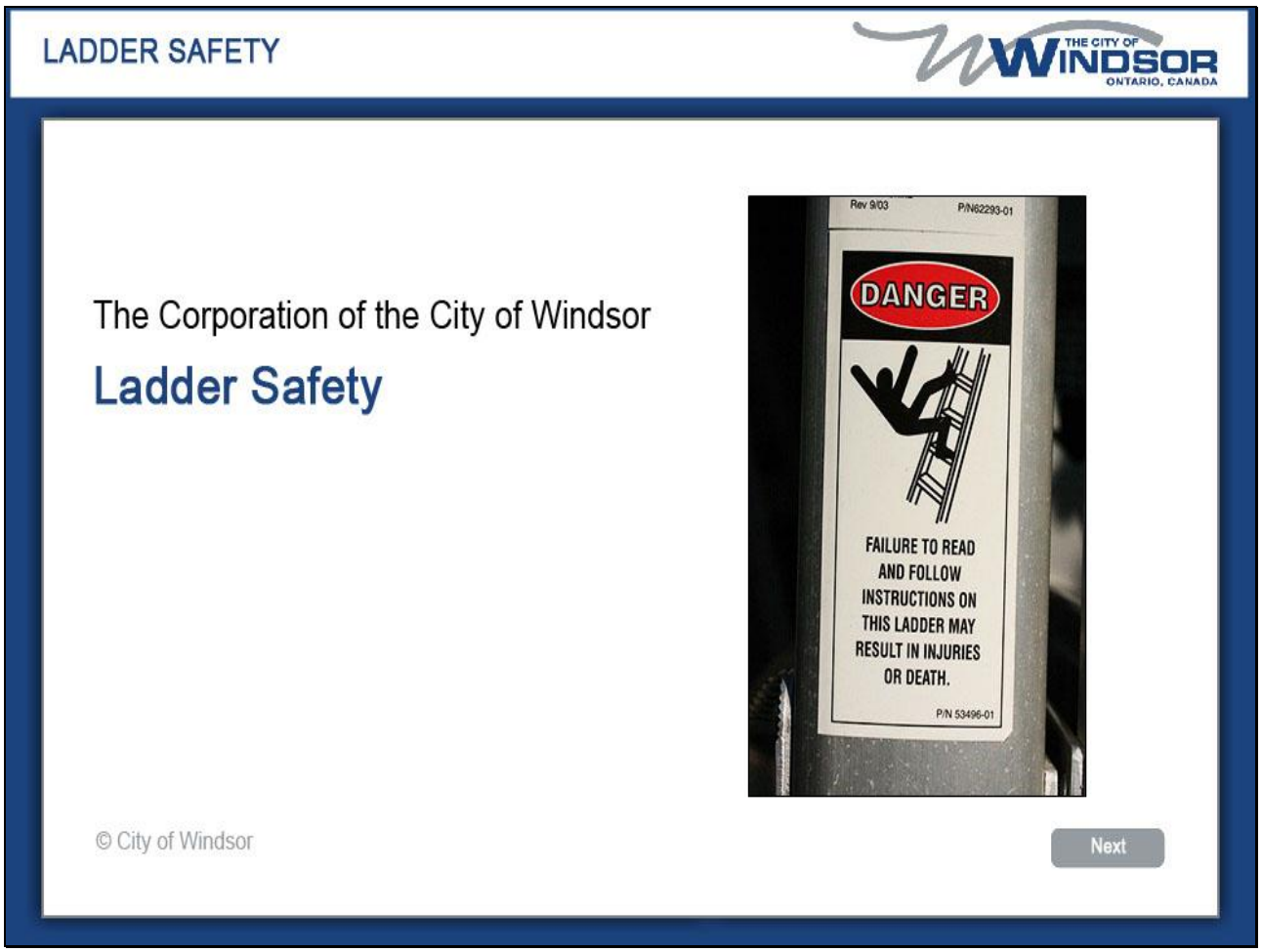
Slide 1 - Slide 1



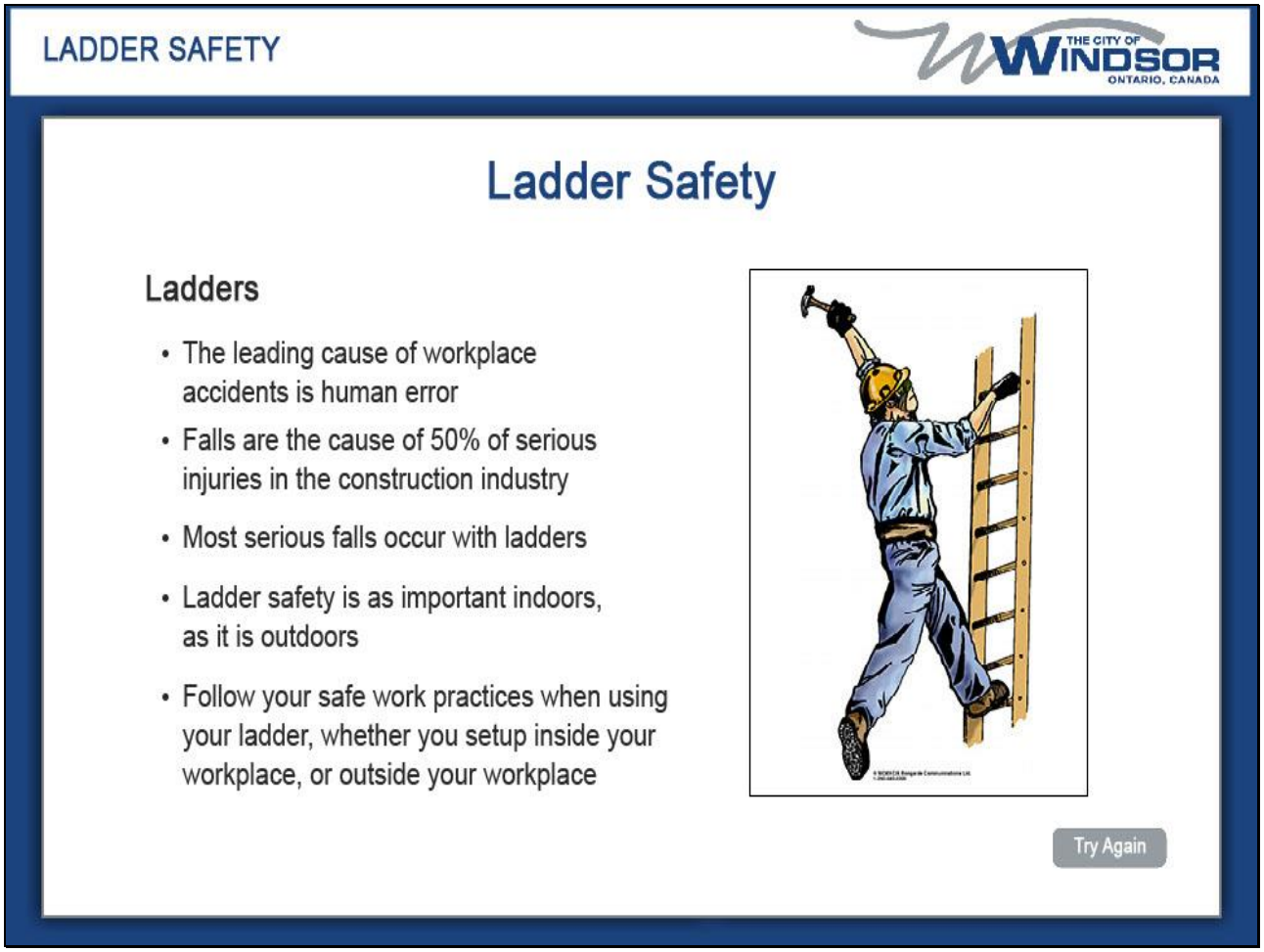
Slide notes

Welcome to the Corporation of the City of Windsor's Ladder Safety Training Program.

The objective of the Ladder Safety Training Program, is to bring awareness to the proper use and associated risks of using ladders.

Click next when you are ready to begin the course.

Slide 2 - Slide 2



Slide notes

The leading cause of workplace accidents, is human error.

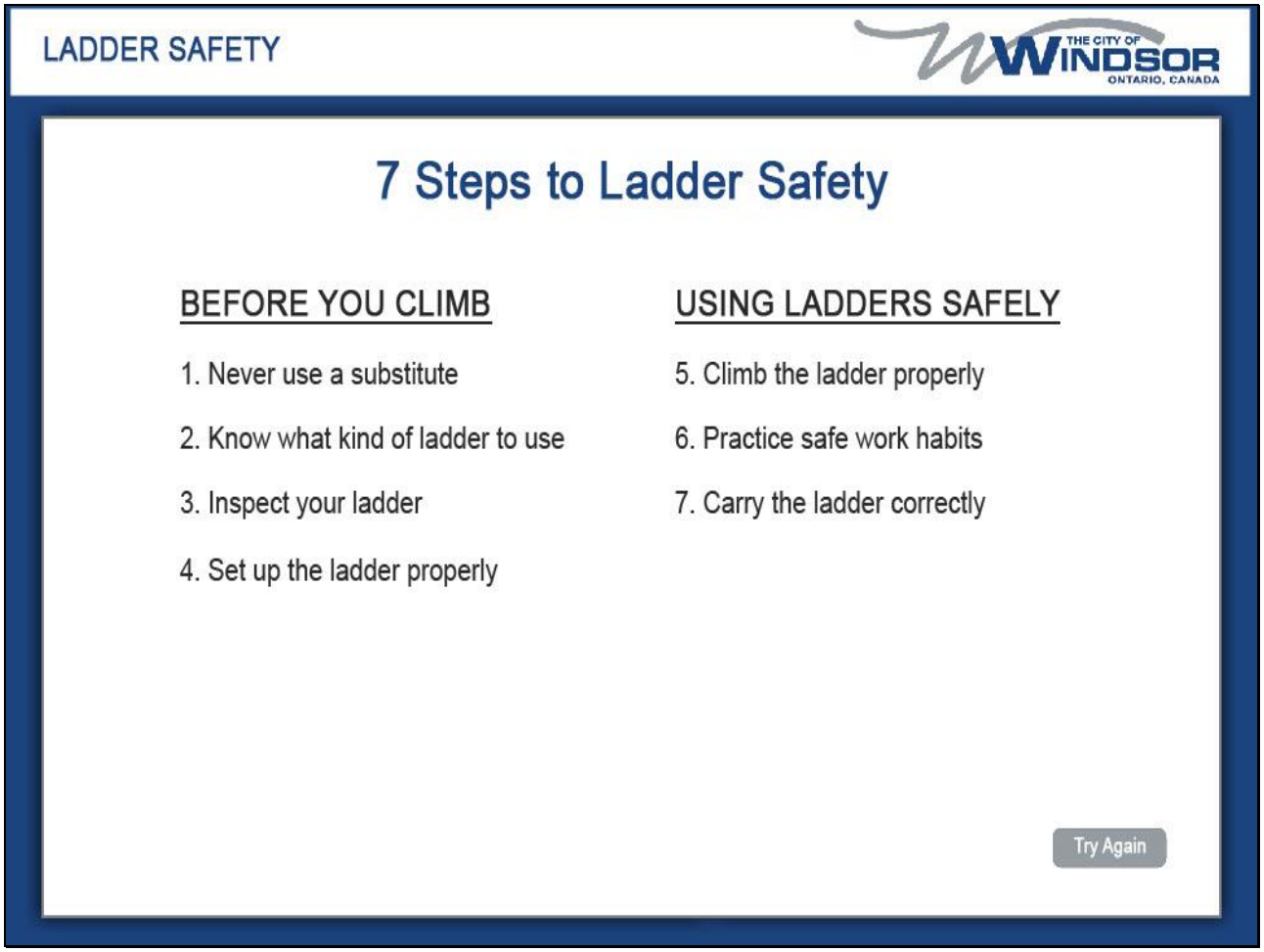
Falls, are the cause of 50% of serious injuries in the construction industry.

Most serious falls occur with ladders.

Ladder safety is as important indoors, as it is outdoors.

So, follow your safe work practices when using your ladder, whether you setup inside your workplace, or outside your workplace.

Slide 3 - Slide 3



Slide notes

As you learn about ladders, and what it takes to keep you safe, consider these seven steps to ladder safety:

Never use a substitute for a ladder

Know the right kind of ladder to use.

Inspect your ladder, before you use it

And, set up your ladder properly

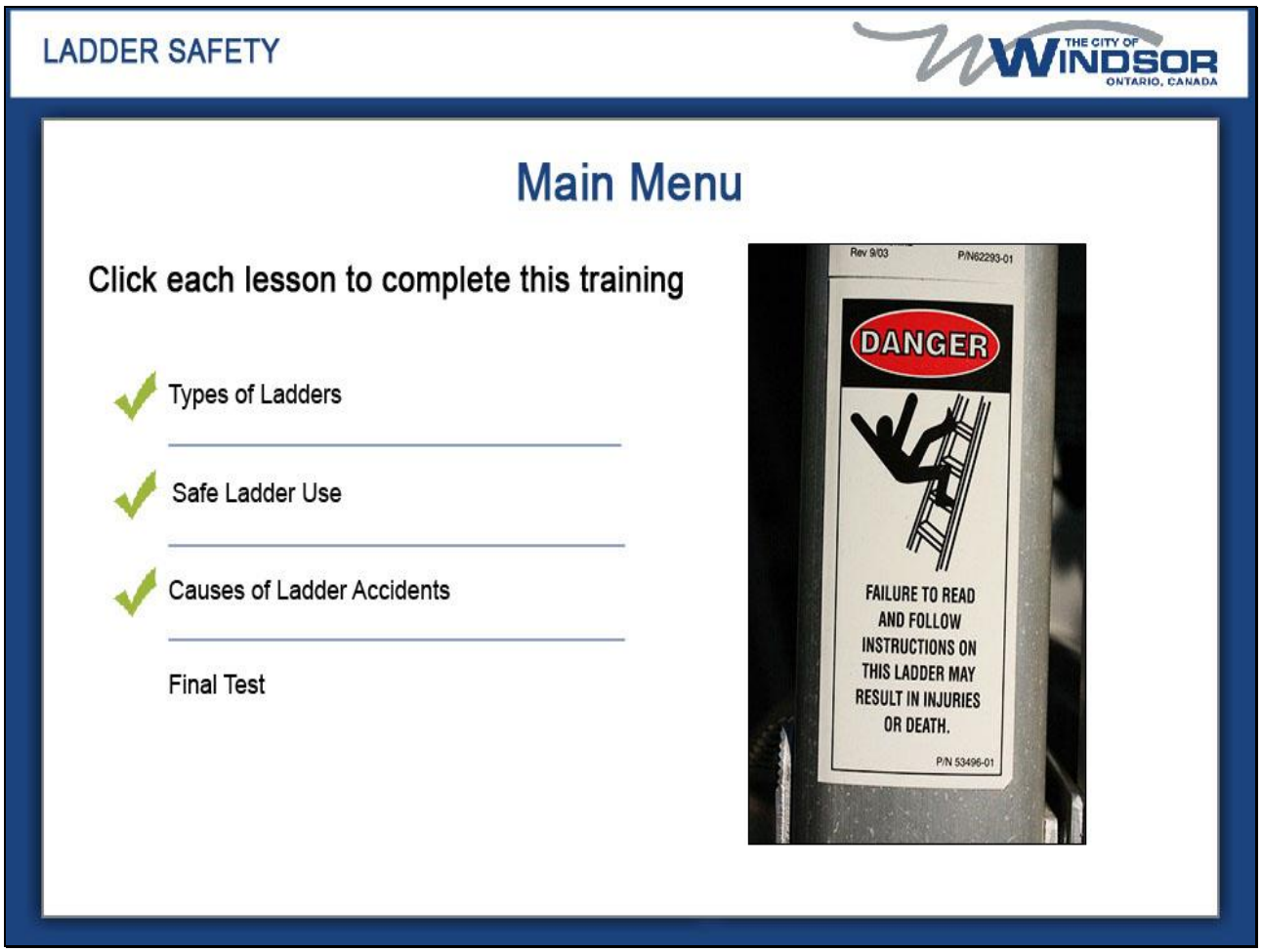
Once you're on the ladder

Be sure to climb it properly

Practice safe work habits at all times

And, whenever moving the ladder, carry it correctly

Slide 4 - Main_Menu



Slide notes

Slide 5 - Slide 5

Slide notes

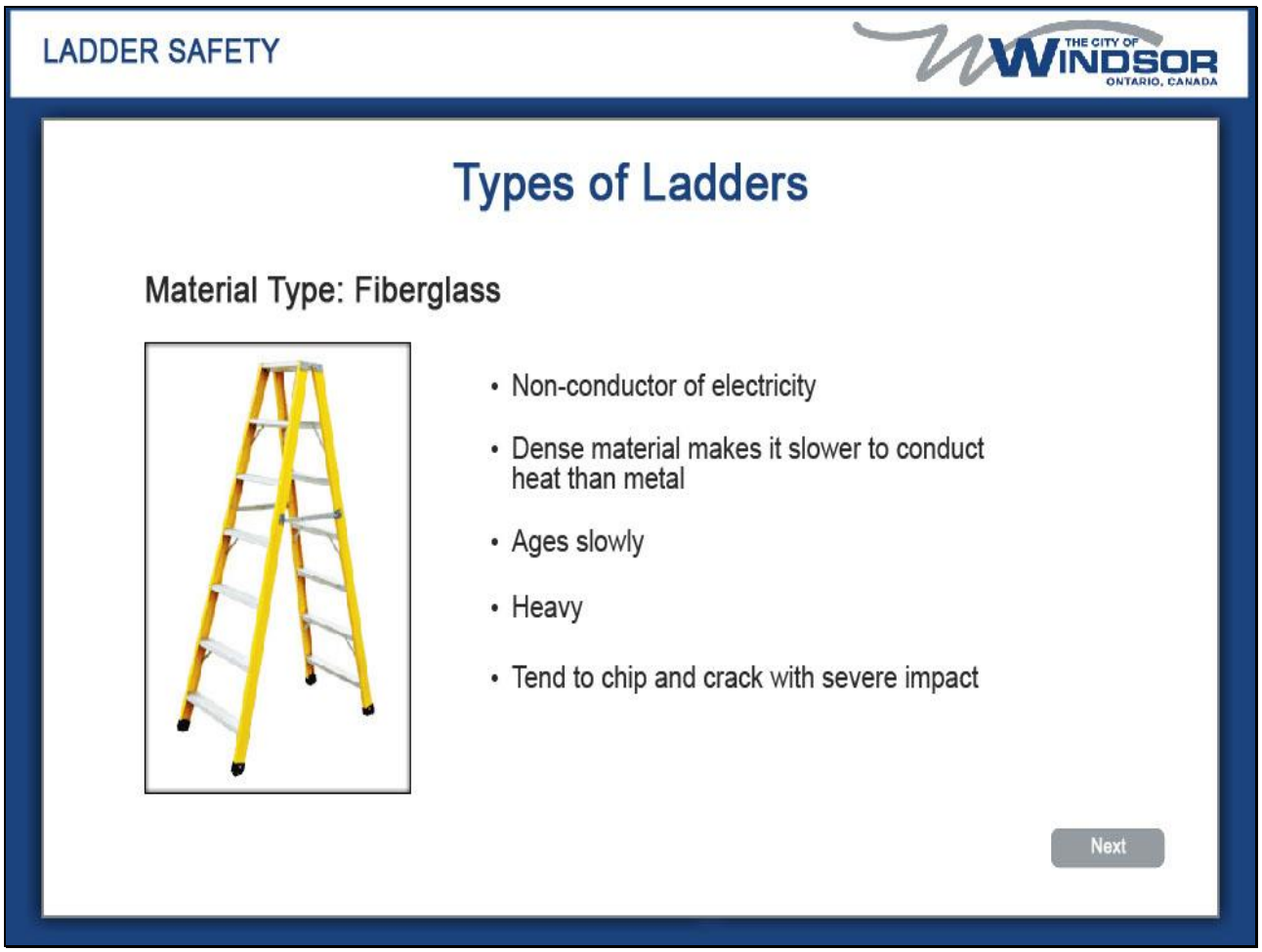
Ladders are commonly constructed from one of three types of material. Wood, fiberglass, or aluminum. It's important to learn when to use, or when not to use, each type of ladder.

Slide 6 - Slide 6

Slide notes

Ladders made of wood, are non-conductors of electricity, when they are dry. When working around heat, wood ladders are the best to use, because they are a natural insulator. The downside of wooden ladders, is that they age quickly.

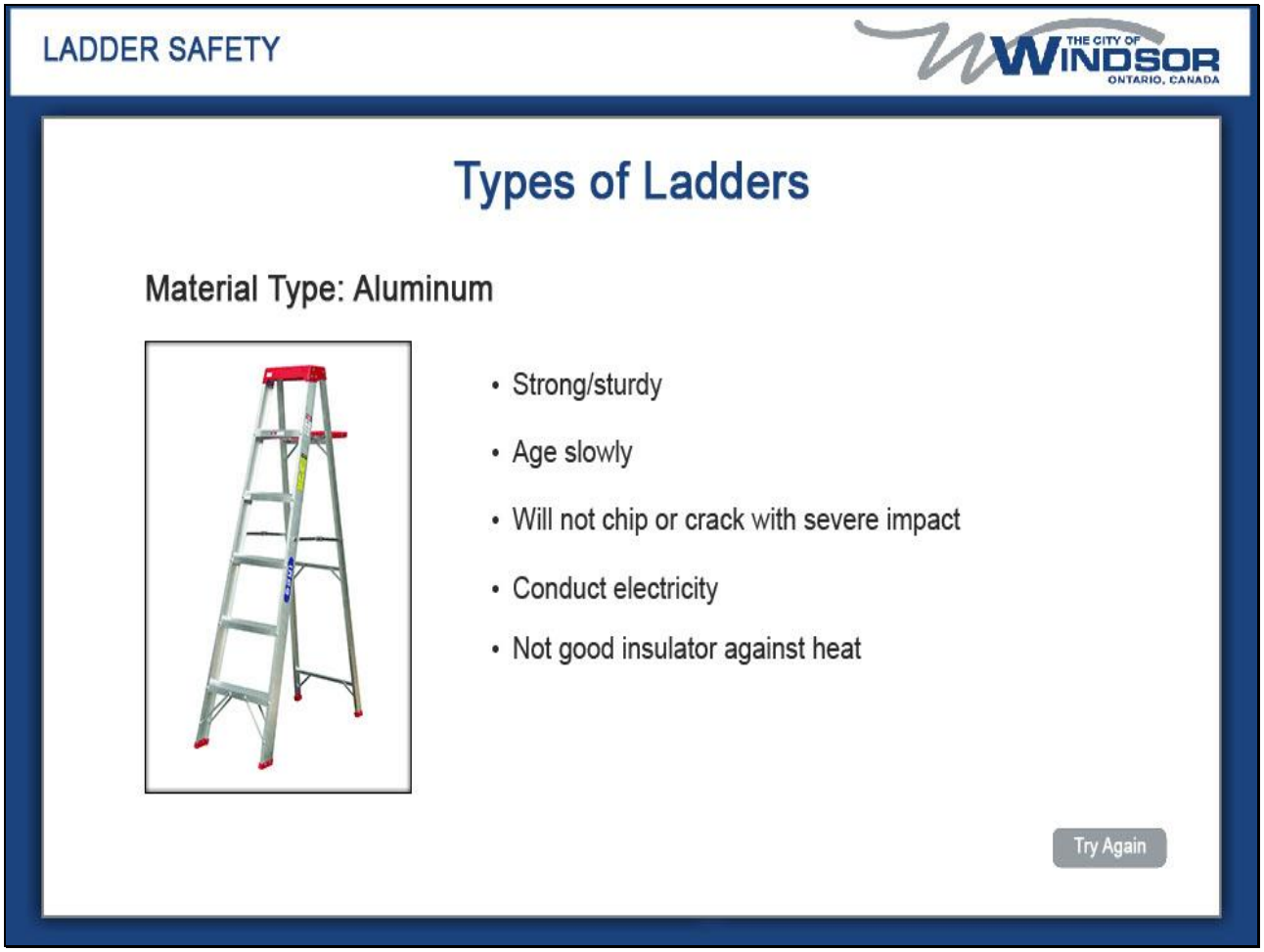
Slide 7 - Slide 7



Slide notes

Fiberglass ladders, are also non-conductors of electricity. Fiberglass material is dense, so its slower to conduct heat, than metal ladders. The benefit of using fiberglass, instead of wood, is that these ladders age very slowly. But, they are heavier than aluminum, or wood ladders, and tend to chip, or crack with a severe impact.

Slide 8 - Slide 8



Slide notes

In general, aluminum ladders are strong, and sturdy, and age slowly. This type of ladder will not chip, or crack when subjected to severe impact. However, aluminum ladders can conduct electricity, and are not good insulators against heat.

Slide 9 - Slide 9

Slide notes

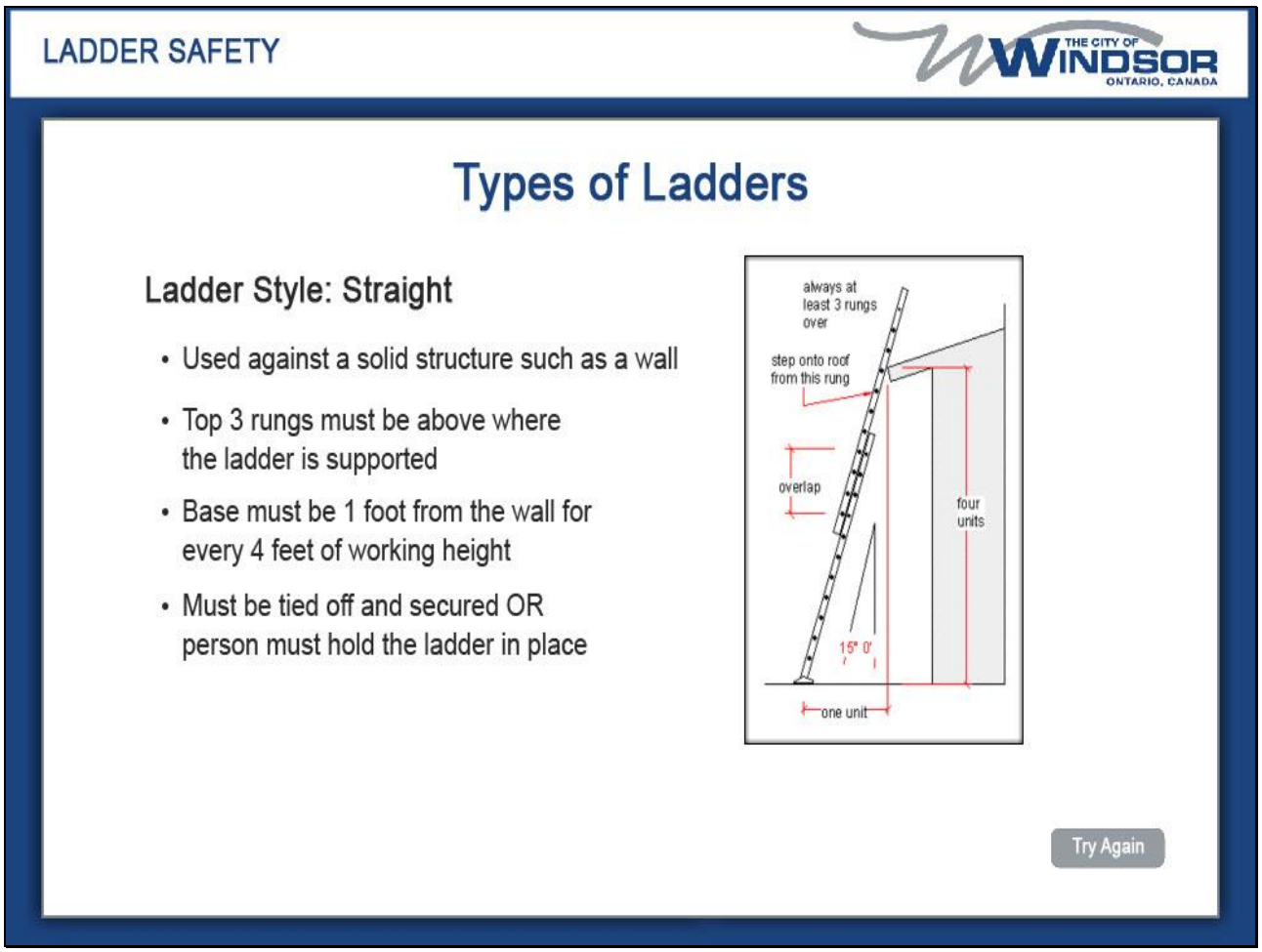
In addition to the material used to construct the ladder, there are some standard ladder styles used for various types of work. They are, step ladders, straight ladders, and extension ladders.

Slide 10 - Slide 10

Slide notes

When using a step ladder, make sure the ladders legs are fully spread, and that the spreader is locked. Never stand on the top of a step ladder, or use the pail shelf as a step. And never attempt to reach more than one arms length in any direction from the ladder. Step ladders can be used for painting, changing light bulbs, fixing windows, just to name a few.

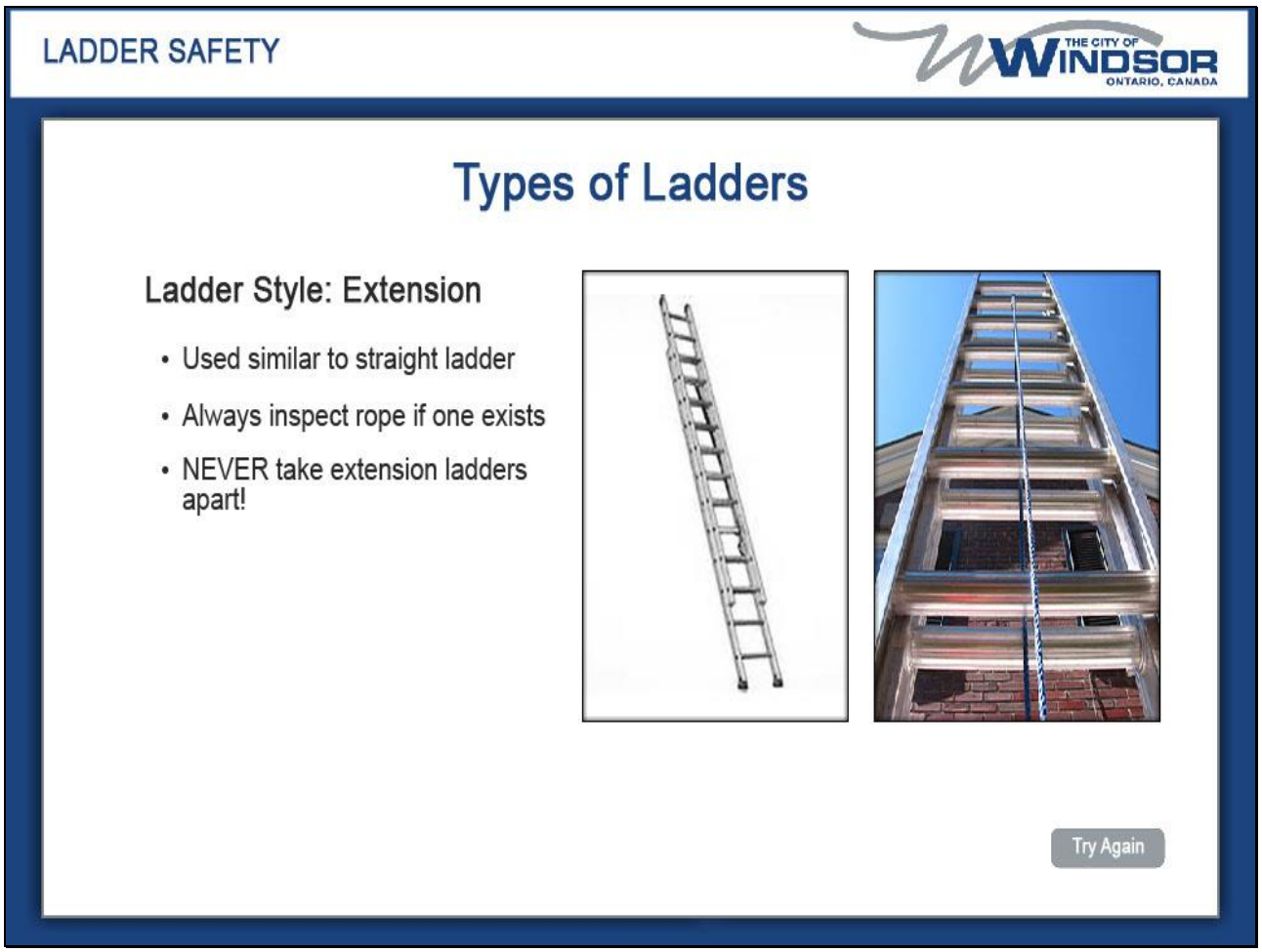
Slide 11 - Slide 11



Slide notes

Straight ladders are used against a solid structure, like a wall. The top three rungs of the ladder, must be above where the ladder is supported. The base of the ladder, should be one foot from the wall, for every four feet of working height. For example, if the wall height is twelve feet, the ladder base must be three feet from the wall. A straight ladder must be tied off, and secured, or a person must hold the ladder in place.

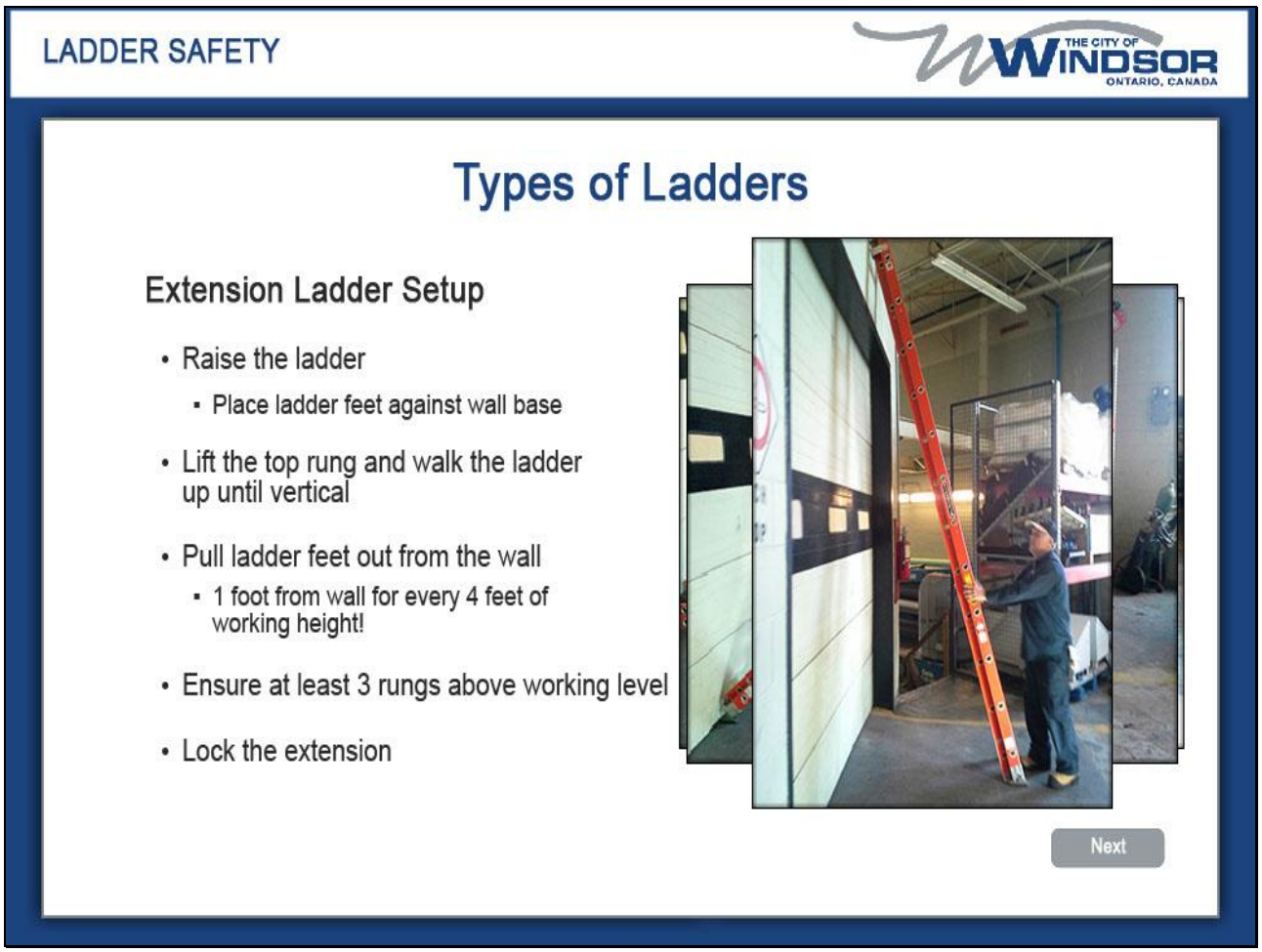
Slide 12 - Slide 12



Slide notes

Extension ladders are used the same way as a straight ladder. But the extension ladder will have a rope, or similar device, that must always be inspected.
Never take extension ladders apart!

Slide 13 - Slide 13



Slide notes

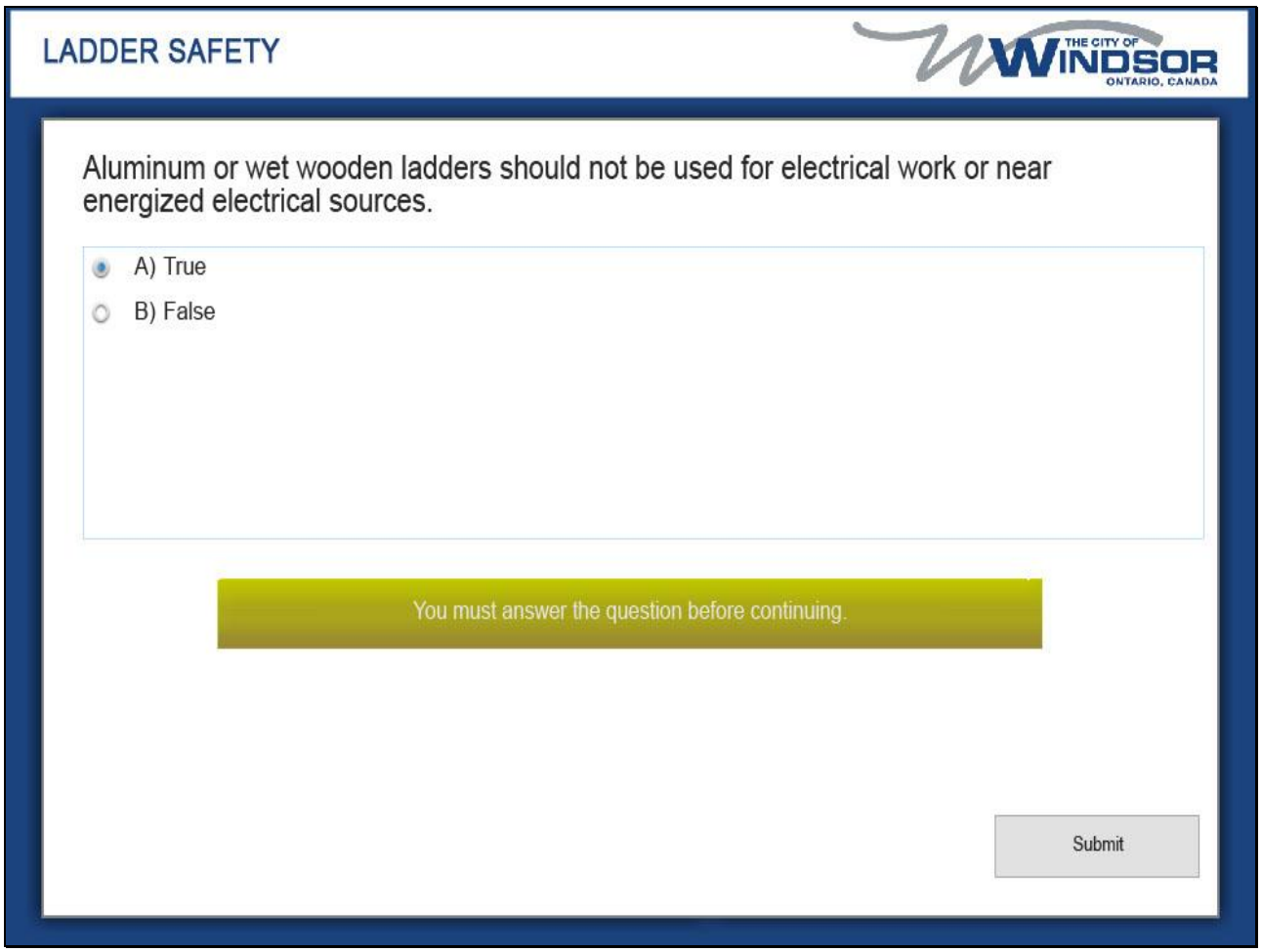
Use special care when setting up an extension ladder. Just like setting up a straight ladder, you'll raise the extension ladder, by placing its feet against the base of the wall. Then, lift the top rung, and walk the ladder up, rung by rung, until its vertical. Next, pull its feet out from the wall. Remember, one foot from the wall for every four feet of working height. Finally, look up to the top of the ladder and make sure at least three rungs are above your working level. When the setup is complete, lock the extension.

Slide 14 - Slide 14

Slide notes

Before we continue, lets stop and make sure you understand this information. CLick next when you are ready to begin the quiz.

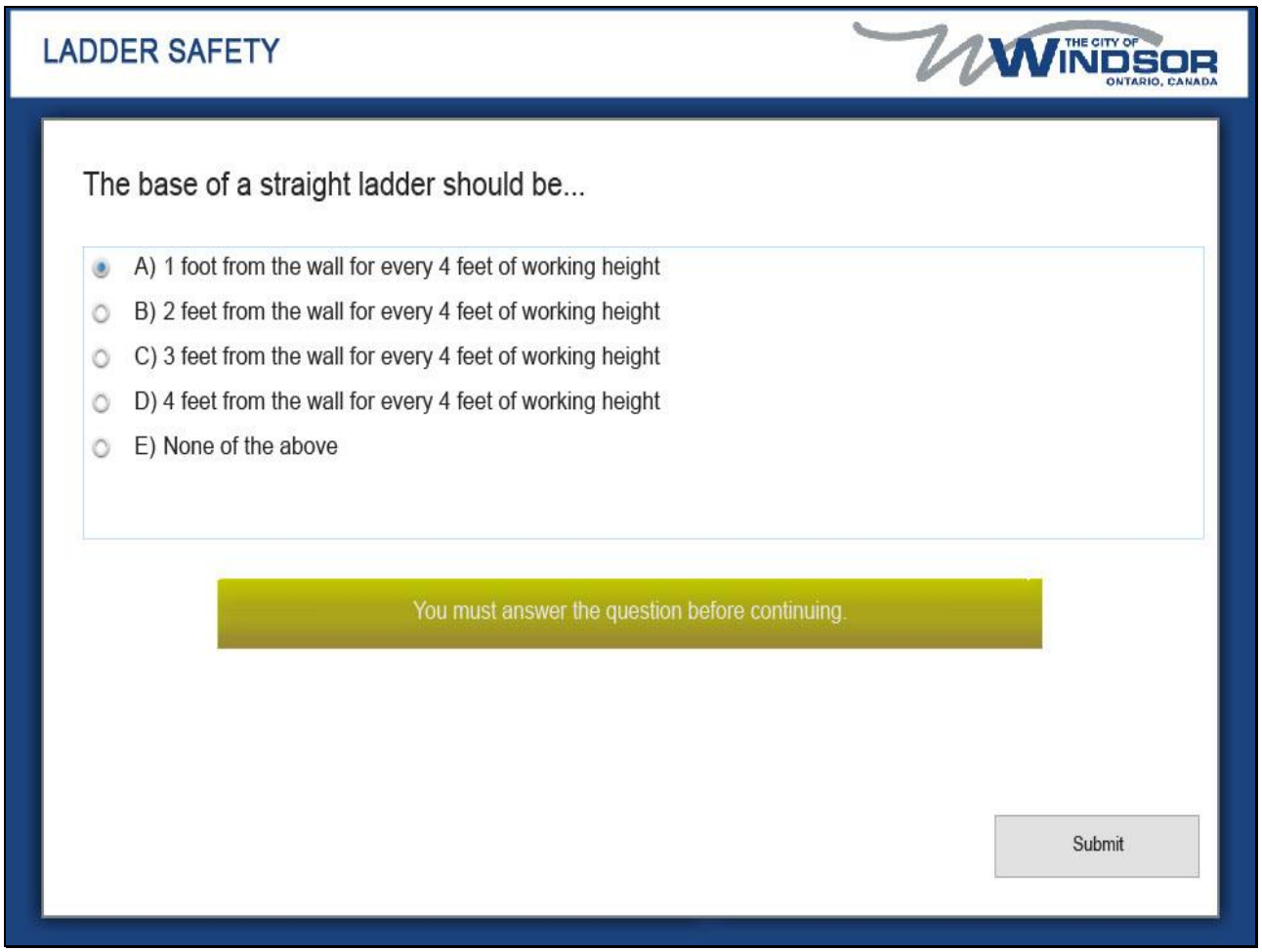
Slide 15 - Slide 15



Slide notes

Aluminum or wet wooden ladders should not be used for electrical work or near energized electrical sources. Is this true, or false.

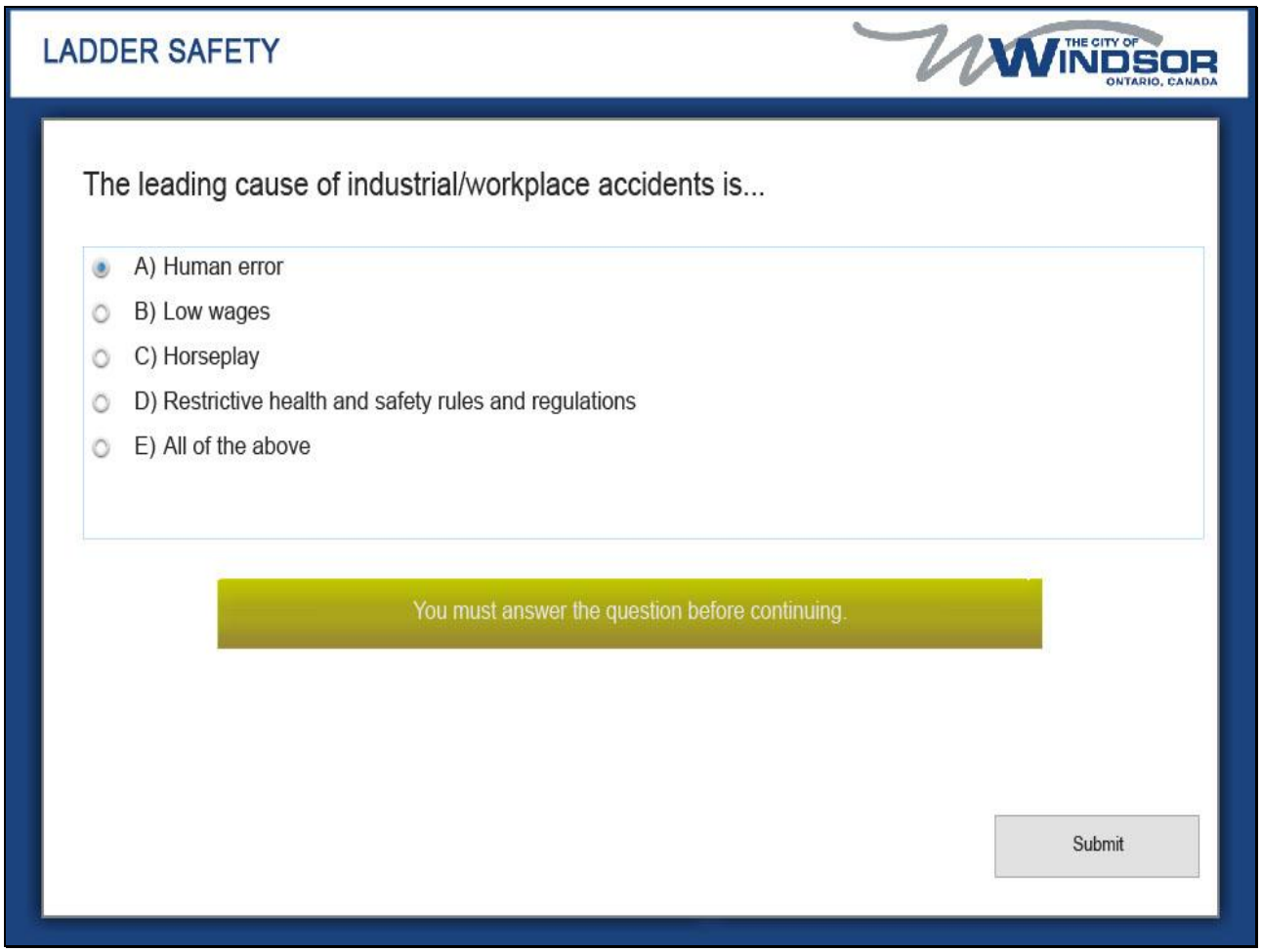
Slide 16 - Slide 16



Slide notes

The base of a straight ladder should be. One foot from the wall for every four feet of working height. Two feet from the wall for every four feet of working height. Three feet from the wall for every four feet of working height. Four feet from the wall for every four feet of working height. None of the above

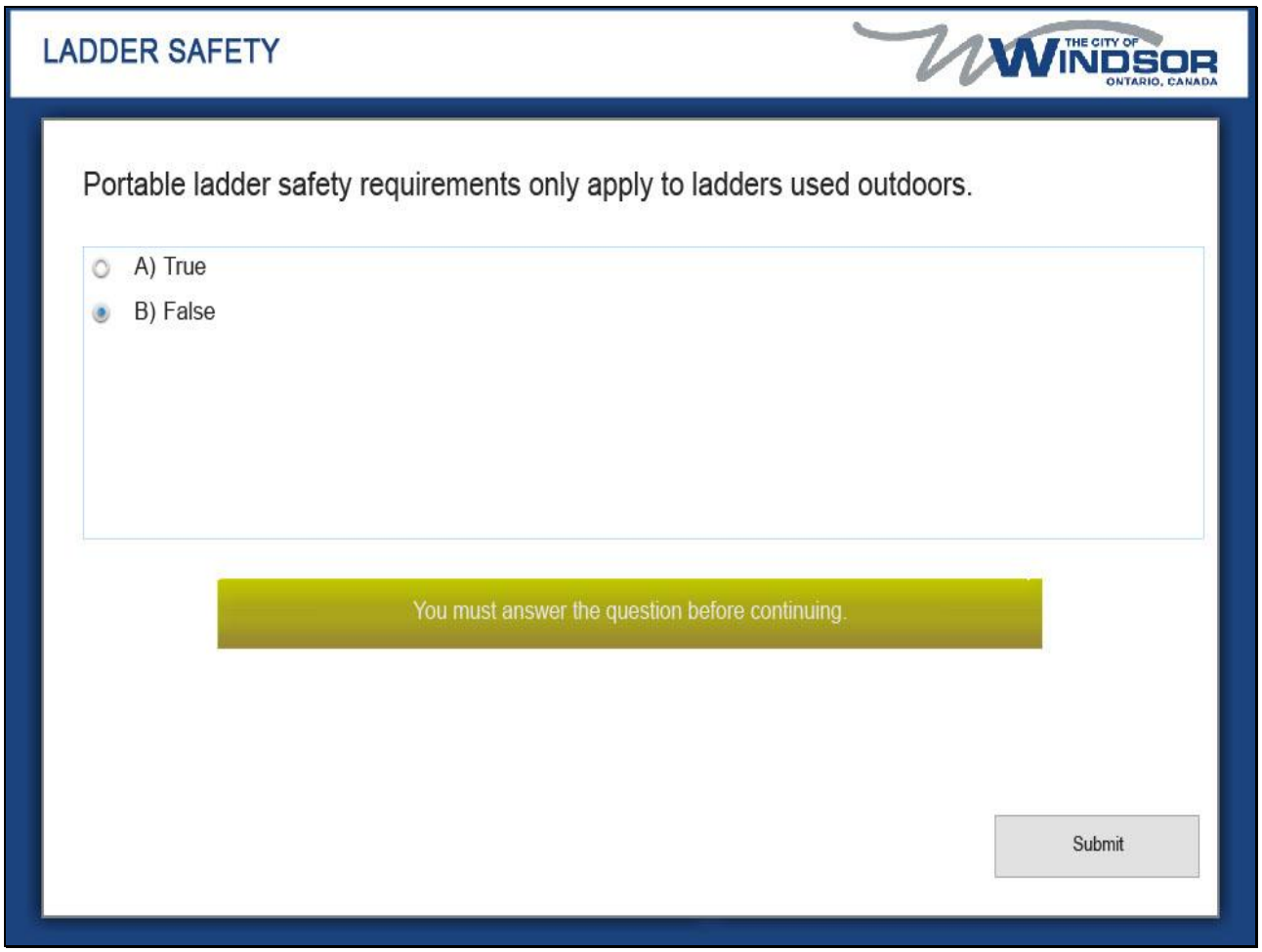
Slide 17 - Slide 17



Slide notes

The leading cause of industrial and workplace accidents is. Human error. Low wages. Horseplay. Restrictive health and safety rules and guidelines. All of the above.

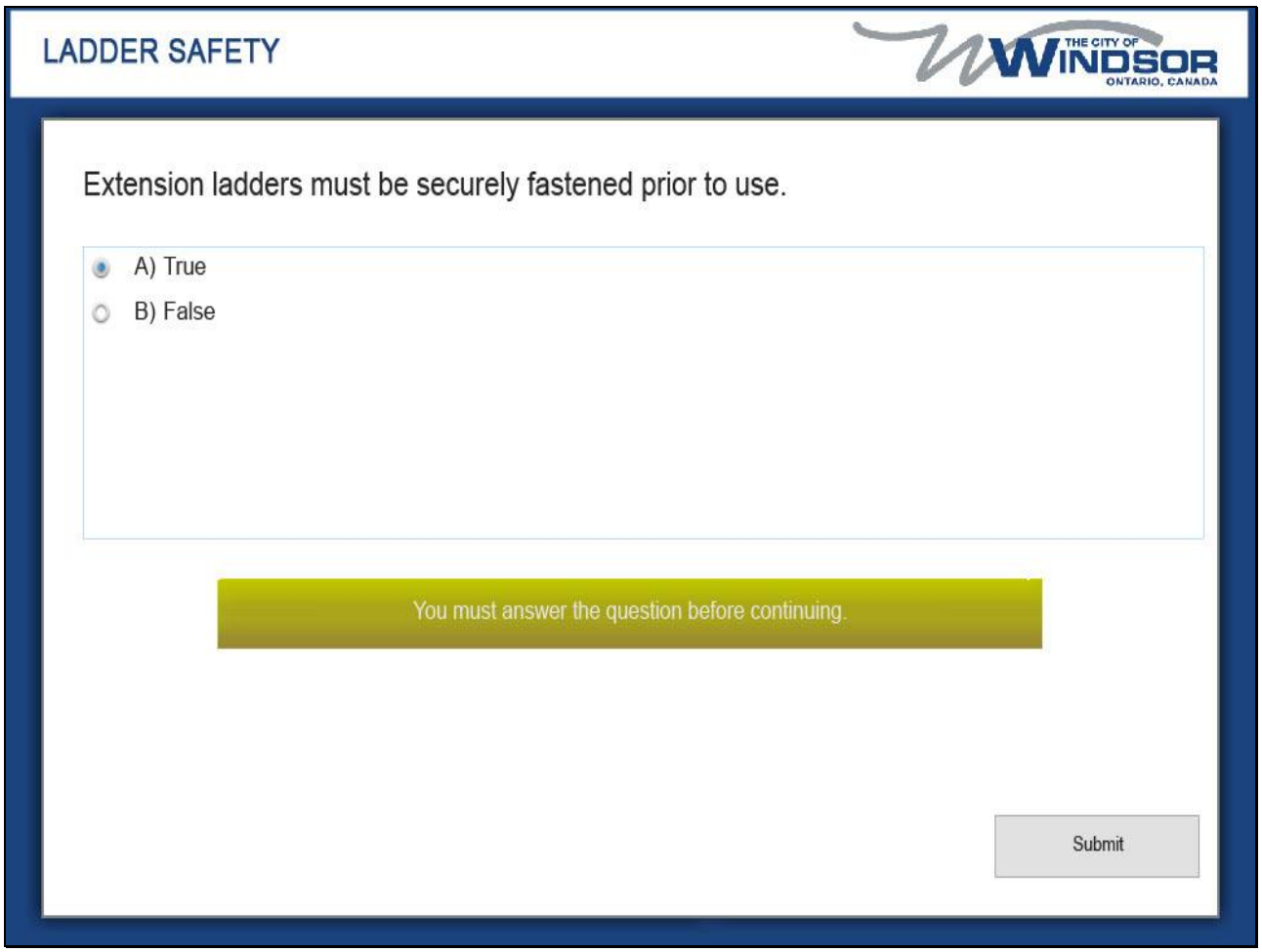
Slide 18 - Slide 18



Slide notes

Portable ladder safety requirements only apply to ladders used outdoors. Is this true, or false.

Slide 19 - Slide 19



Slide notes

Extension ladders must be securely fastened prior to use. Is this true, or false.

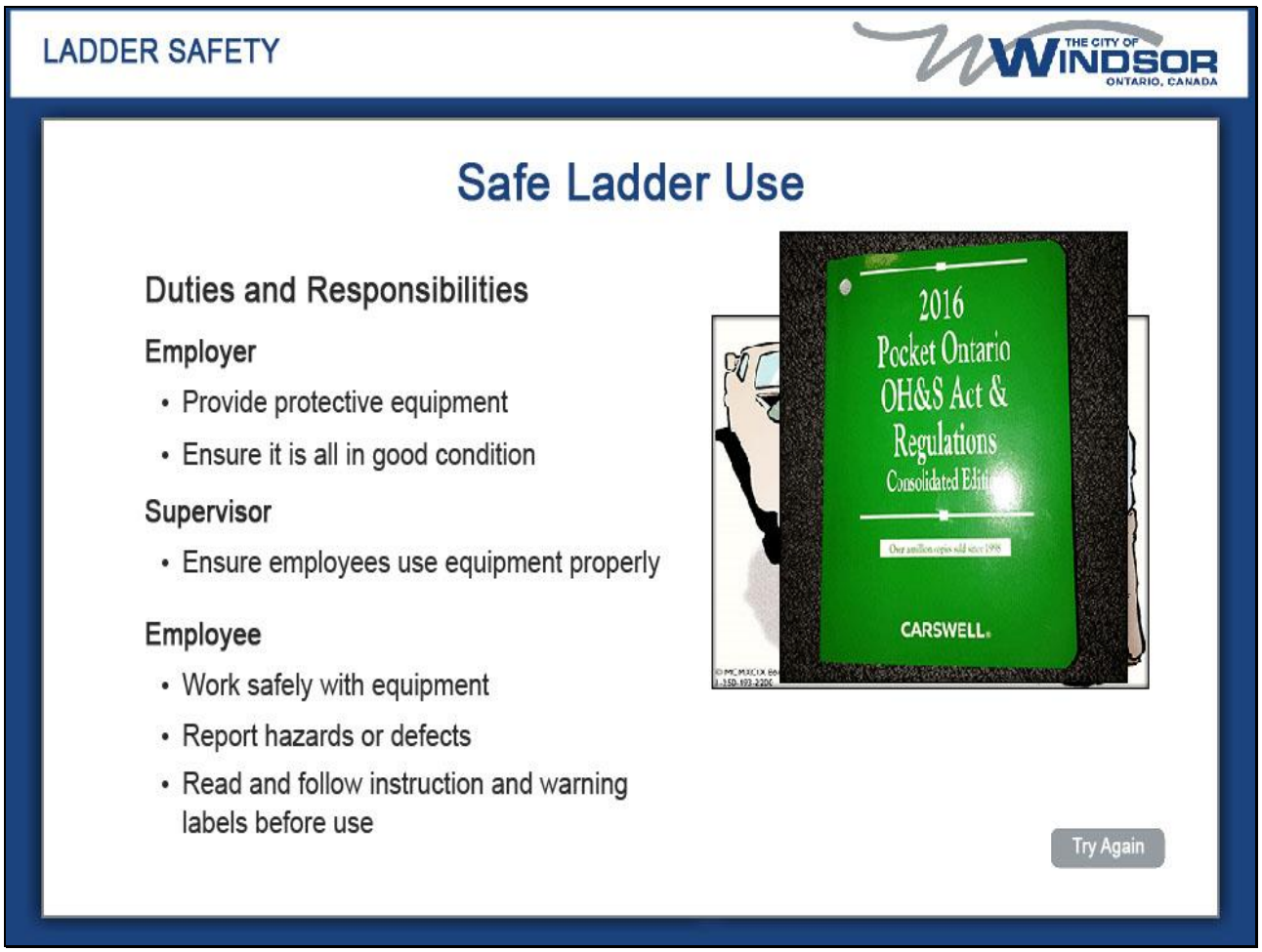
Slide 20 - Slide 20

Slide notes

Congratulations!

You have now completed this lesson. Click next to continue.

Slide 21 - Slide 21



Slide notes

Whether your workplace is regulated by federal or provincial legislation, employers must provide protective equipment and ensure it is all in good condition. Supervisors must ensure you use it properly. You, the employee, must work safely with that equipment and report any hazards or defects in the workplace. A ladder is a piece of equipment that can cause injury to a worker. And like any other equipment, you should always read and follow the instructions and warning labels on a ladder, before you use it.

Slide 22 - Slide 22

Slide notes

The type designated for each ladder indicates how much weight a single rung can support. Type three ladders are classified as ladders used in the household. They are safely rated to hold up to two hundred pounds. Type two ladders used in a more commercial setting, will hold up to two hundred and twenty five pounds. There are three variations of type one ladders. They are all marked for industrial use. Type one is safety rated to hold up to two hundred and fifty pounds. Type one A will hold up to three hundred pounds. And a type one A A ladder will safely hold up to three hundred and seventy five pounds.

Slide 23 - Slide 23

Slide notes

Never use a ladder until you have taken the time to inspect it first. Specifically, when inspecting ladders, you need to check side rails and rungs for dents, and bends. Nuts, bolts, rivets and any other fasteners for possible shearing. Hardware connections, and check for excessively dented rungs. Take personal responsibility to inspect all parts of your ladder, before you use it.

Slide 24 - Slide 24

Slide notes

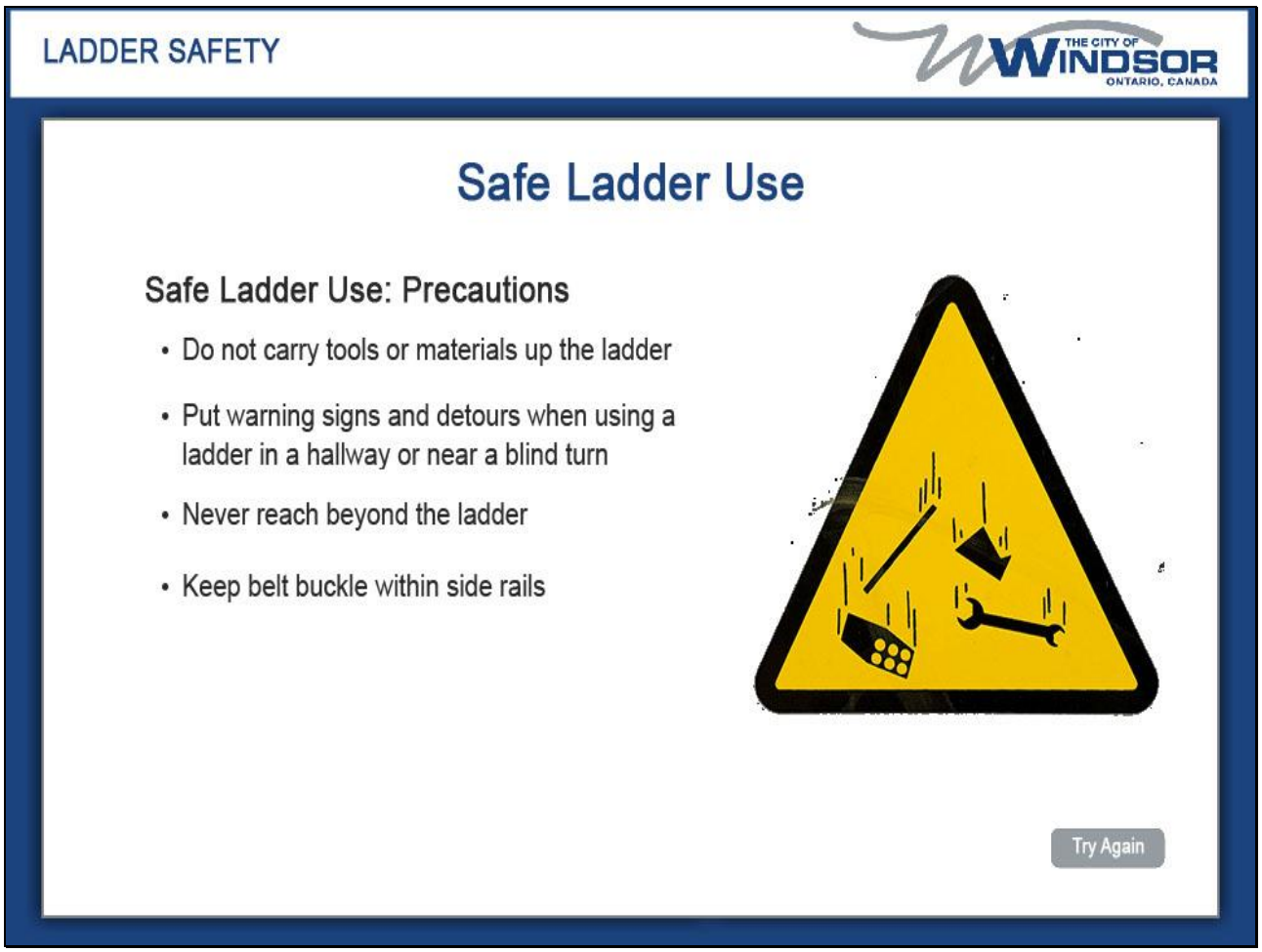
Check to make sure the rungs, are free of oil, or grease. The non slip feet, must be in good condition. Check that the ladder steps are not worn, or broken. And make sure, that there are no nails, screws, or splinters sticking out.

Slide 25 - Slide 25

Slide notes

You must be responsible to use ladders safely. Only one person may climb the ladder at a time. Climb slowly, one step at a time, facing the ladder. Hold firmly onto the side rails, not the rungs. And always use three points of contact. Two hands and one foot, or both feet, and one hand.

Slide 26 - Slide 26



Slide notes

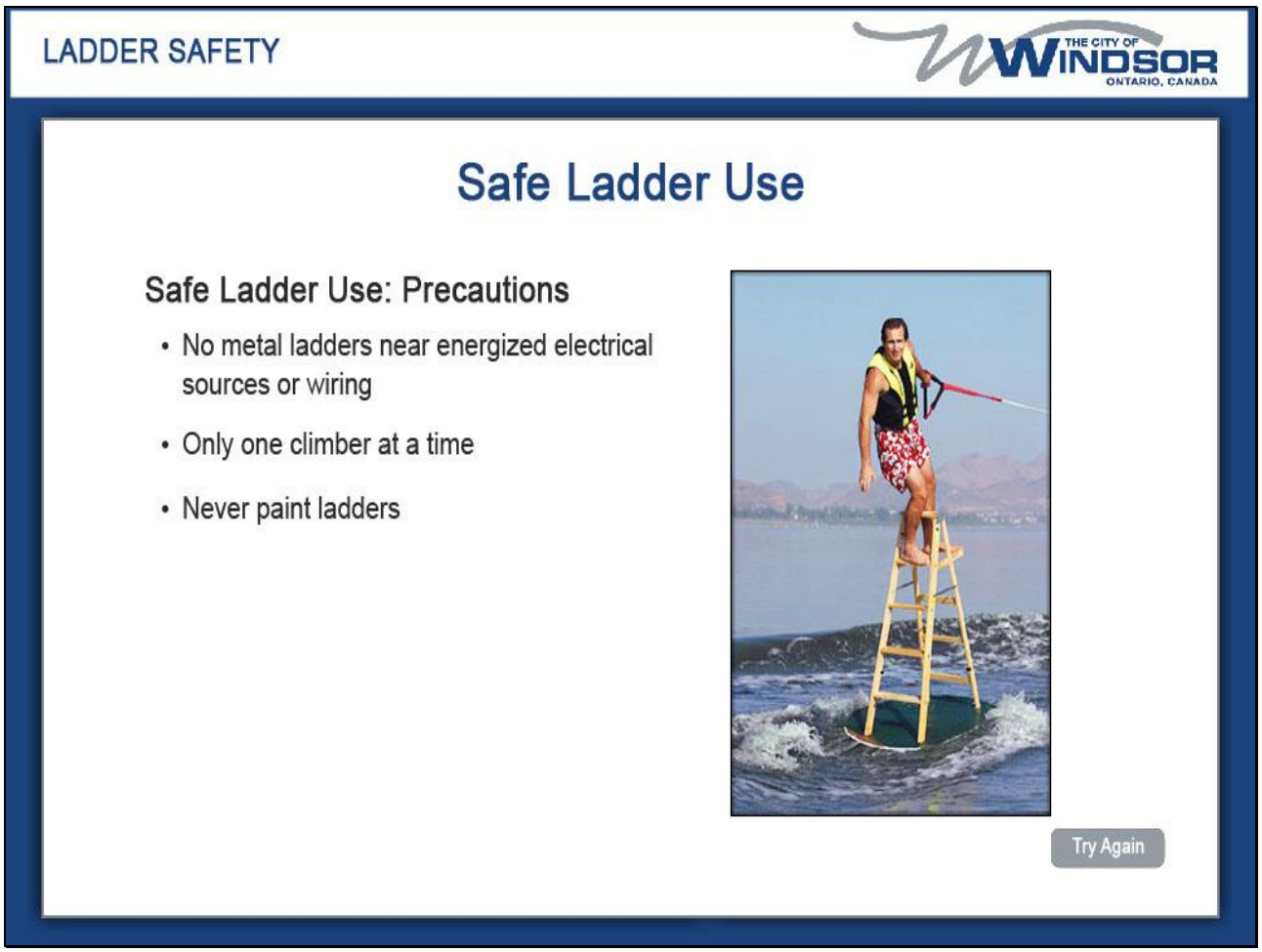
Don’t carry tools or materials up in one hand. Haul them up with a rope. Put warning signs up and create detours when using a ladder in a hallway or near a blind turn. Don’t reach beyond the ladder. And keep your belt buckle within the side rails.

Slide 27 - Slide 27

Slide notes

While you're working on the ladder, watch your equipment, and tools. But, if they fall from your grasp, or off the ladder, let them fall. Trying to catch them, could cause you to lose your balance, and fall. And, never tie multiple ladders together.

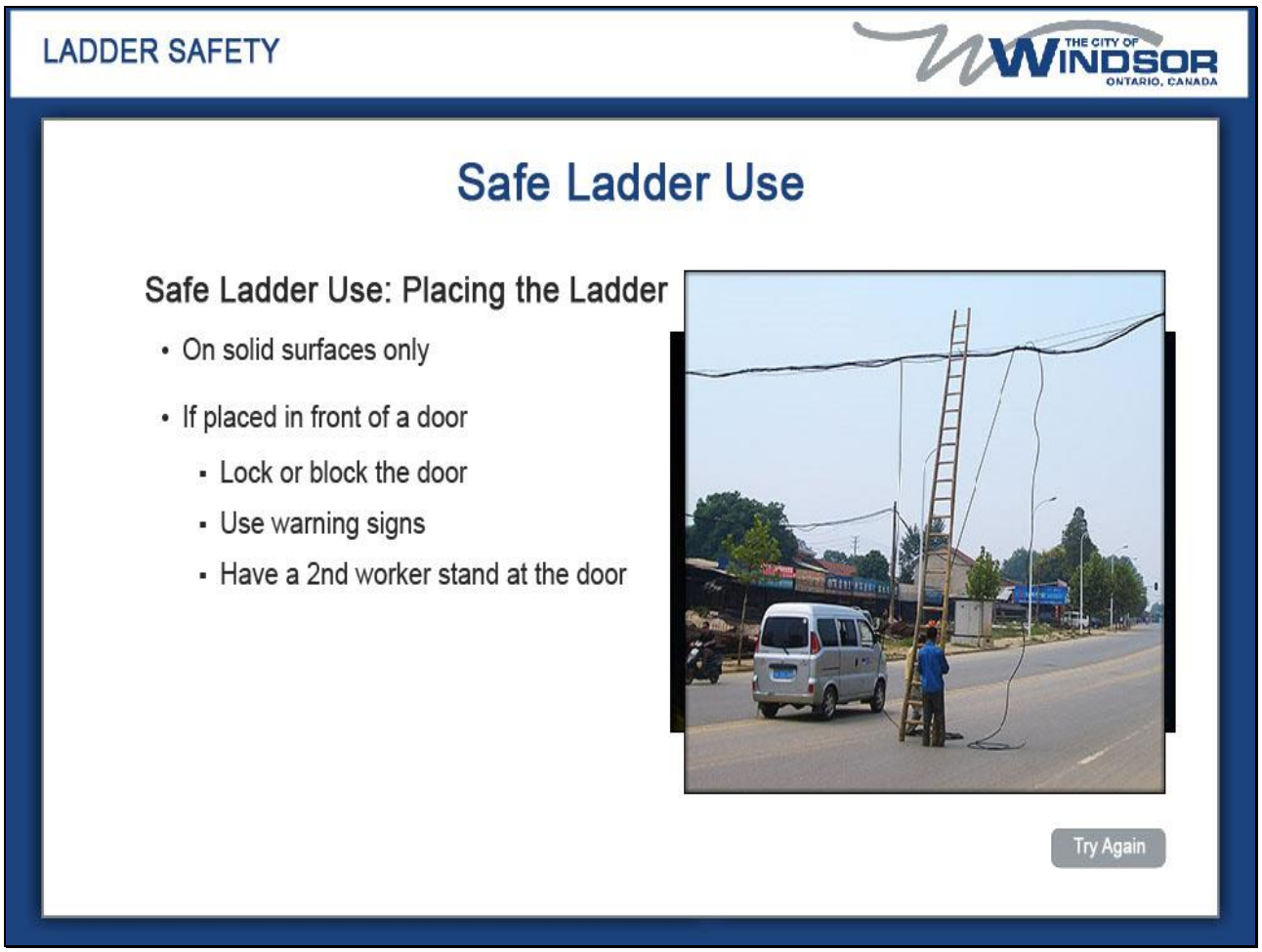
Slide 28 - Slide 28



Slide notes

Some additional safety tips you may not have thought of are to. Never use metal ladders near energized electrical sources or electrical wiring. Only one person may climb the ladder at a time. Never paint ladders. The paint may hide cracks or defects.

Slide 29 - Slide 29



Slide notes

Always place a ladder on a solid surface. Never on moveable objects. If the ladder is placed on soft ground, you need to make sure the footing is solid. Never lean the ladder against a tree or a pole. The ladders stability against a tree or pole is unsafe because the top of the ladder could lean either way and cause the ladder to twist around the tree. If you must place a ladder in front of a door, make sure the door is locked or blocked so it cannot hit the ladder. And use warning signs on both sides of the door. It's also a good idea to have a second worker stand at the door.

Slide 30 - Slide 30

Slide notes

Ladders are designed for use within specific length ranges. And are not strong enough to safely use at lengths greater than that range. Tie the ladder off at the top, and tie, or block it in at the bottom to prevent slipping. If this is not possible, have a second person hold the base of the ladder. But keep in mind, that a second person will not be of much help if the ladder starts to move sideways.

Slide 31 - Slide 31

Slide notes

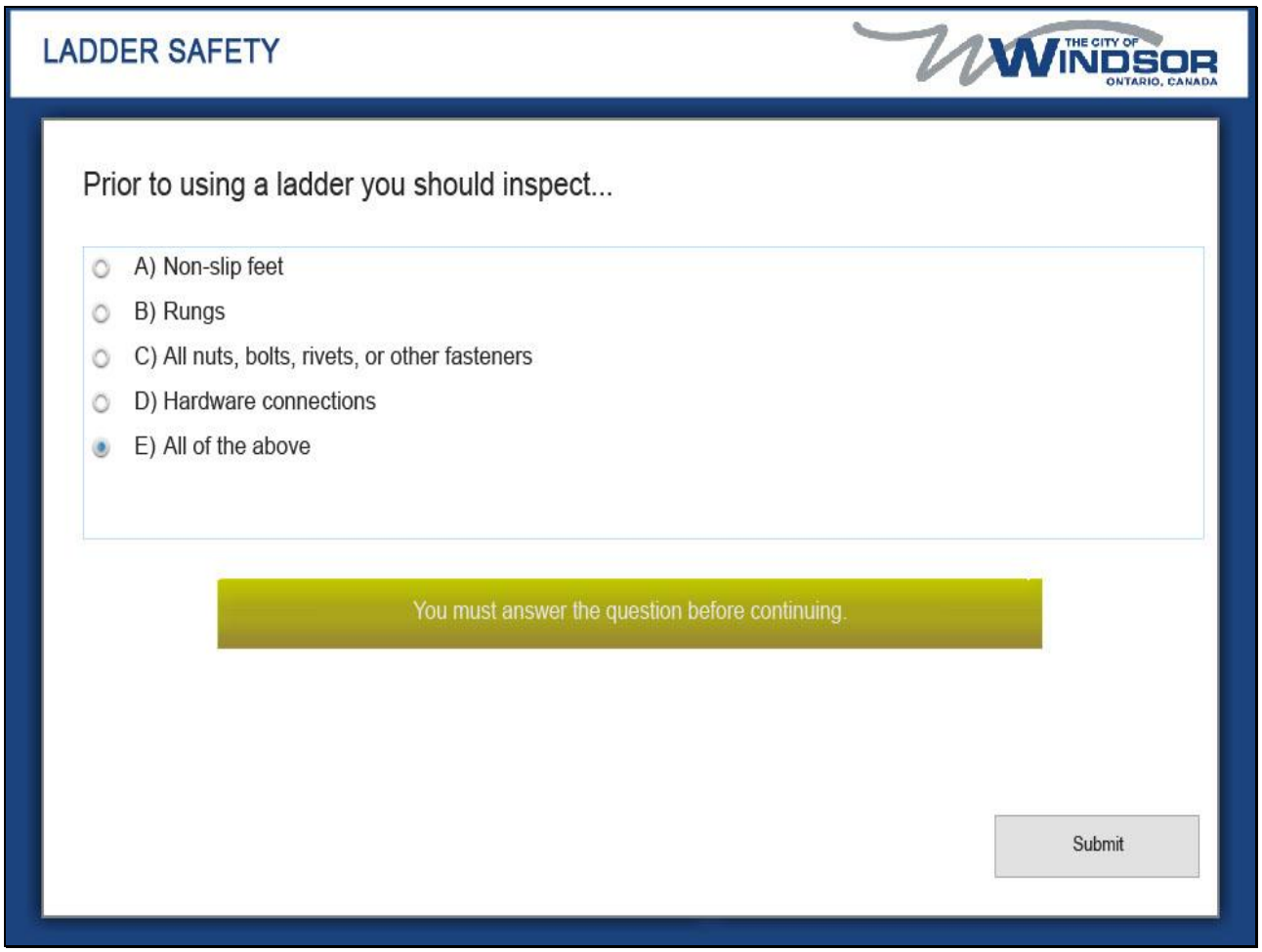
If your ladder is damaged, do not use it. Report and return damaged ladders to your supervisor.

Slide 32 - Slide 32

Slide notes

Before we continue, lets stop and make sure you understand this information. CLick next when you are ready to begin the quiz.

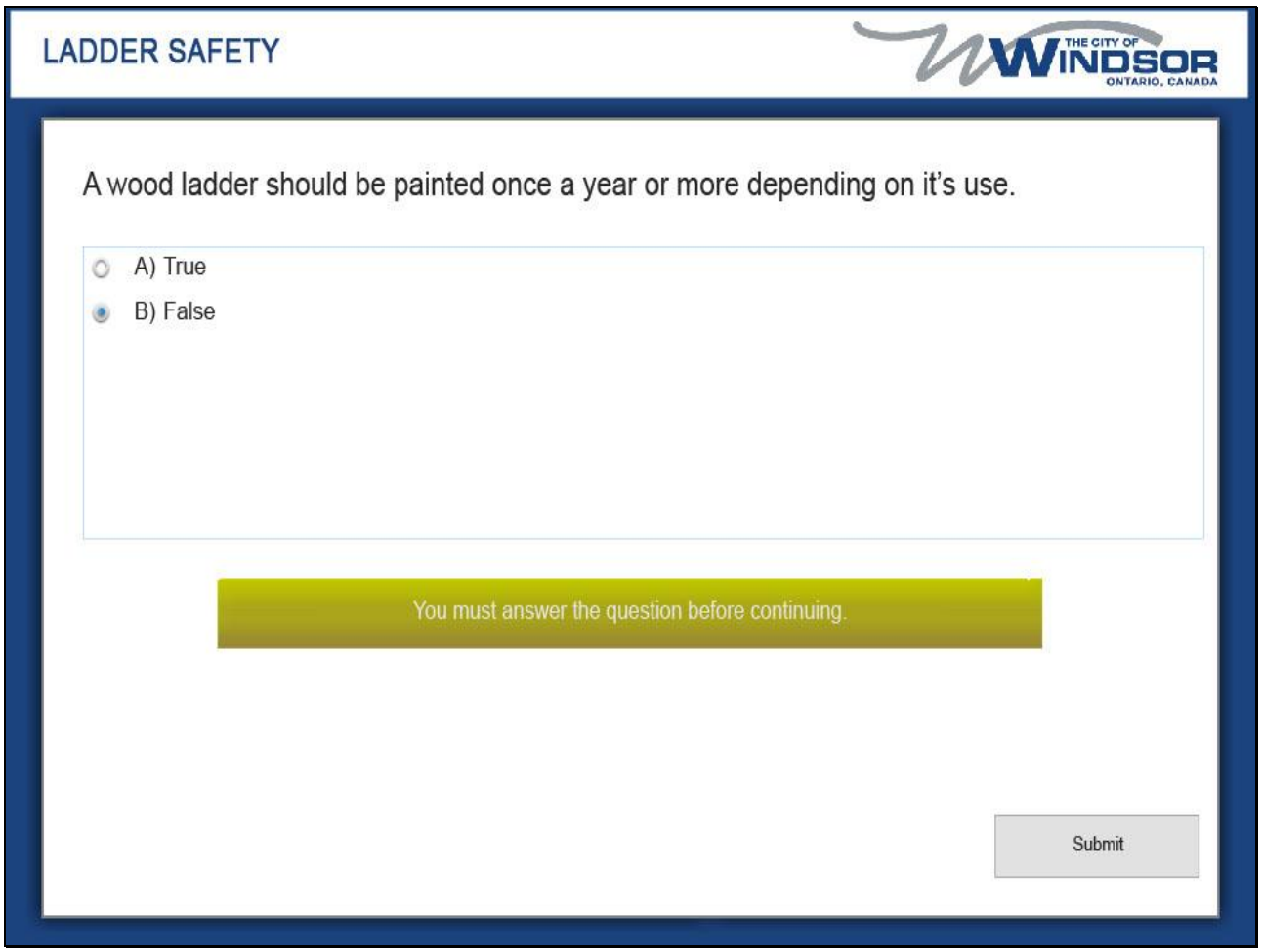
Slide 33 - Slide 33



Slide notes

Prior to using a ladder you should inspect.. Non slip feet. Rungs. All nuts, bolts, rivets, or other fasteners. Hardware connections. All of the above.

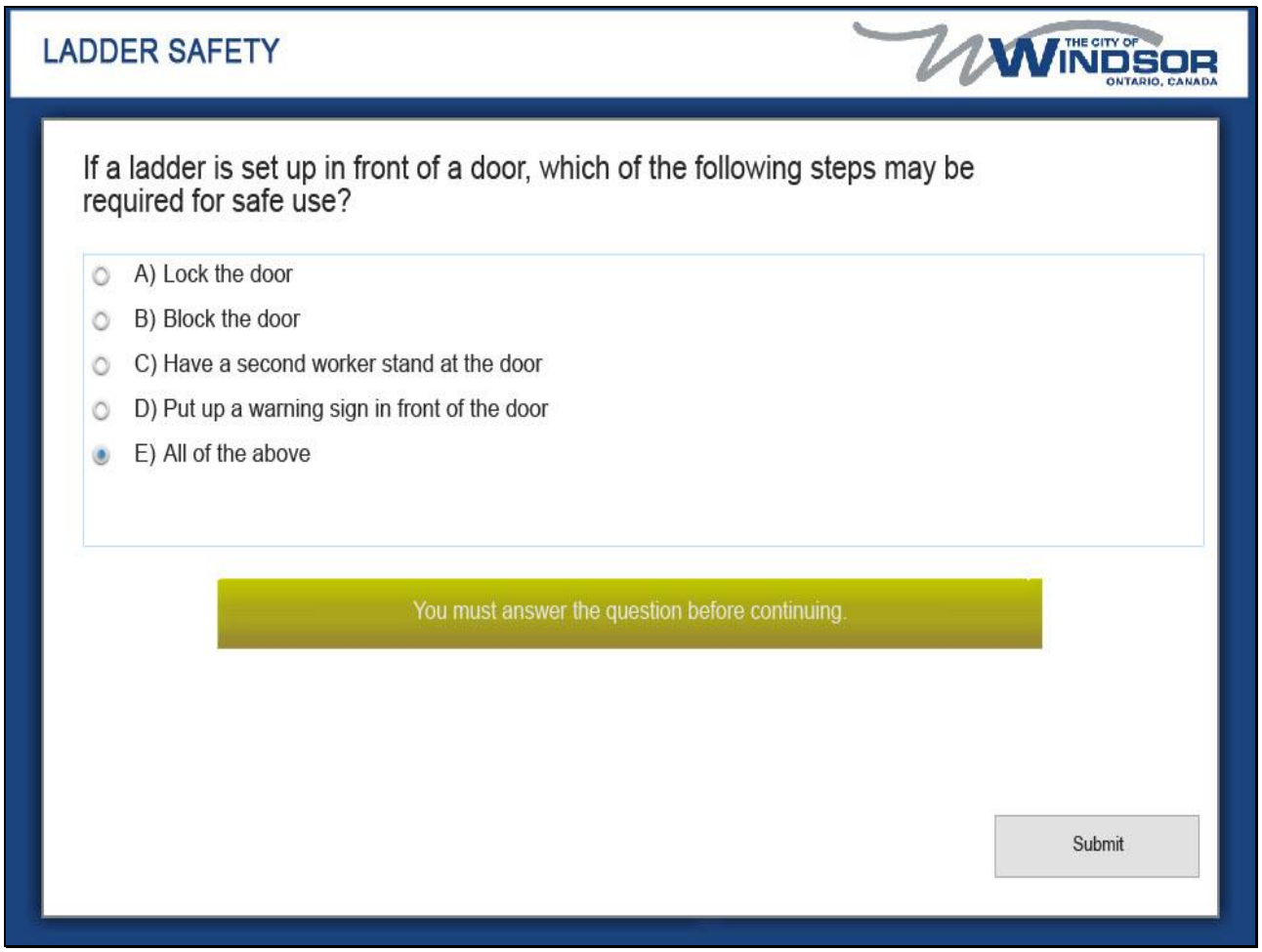
Slide 34 - Slide 34



Slide notes

A wood ladder should be painted once a year or more depending on it's use. Is this true, or false.

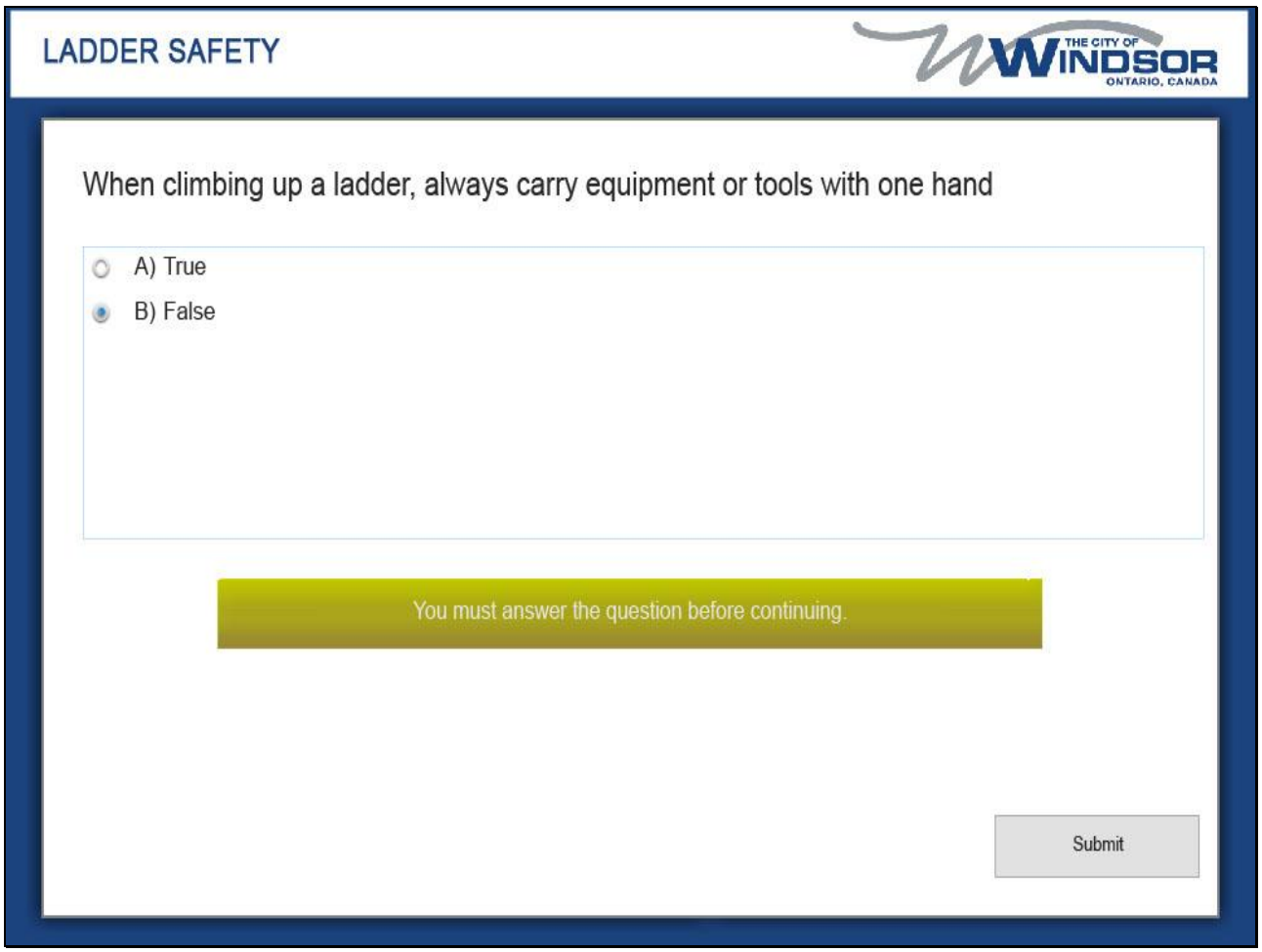
Slide 35 - Slide 35



Slide notes

If a ladder is set up in front of a door, which of the following steps may be required for safe use? Lock the door. Block the door. Have a second worker stand at the door. All of the above.

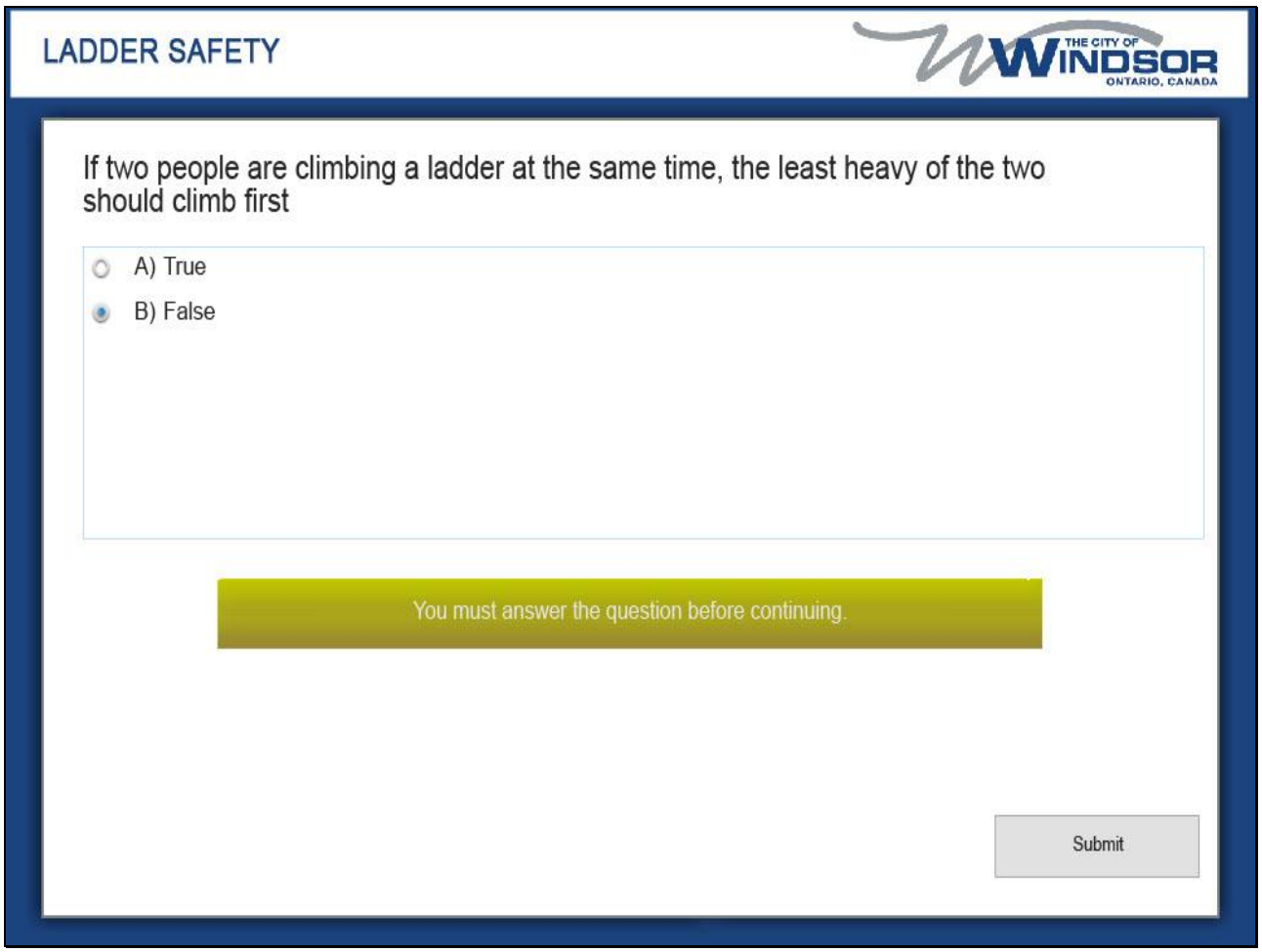
Slide 36 - Slide 36



Slide notes

When climbing up a ladder, always carry equipment or tools with one hand. Is this true, or false?

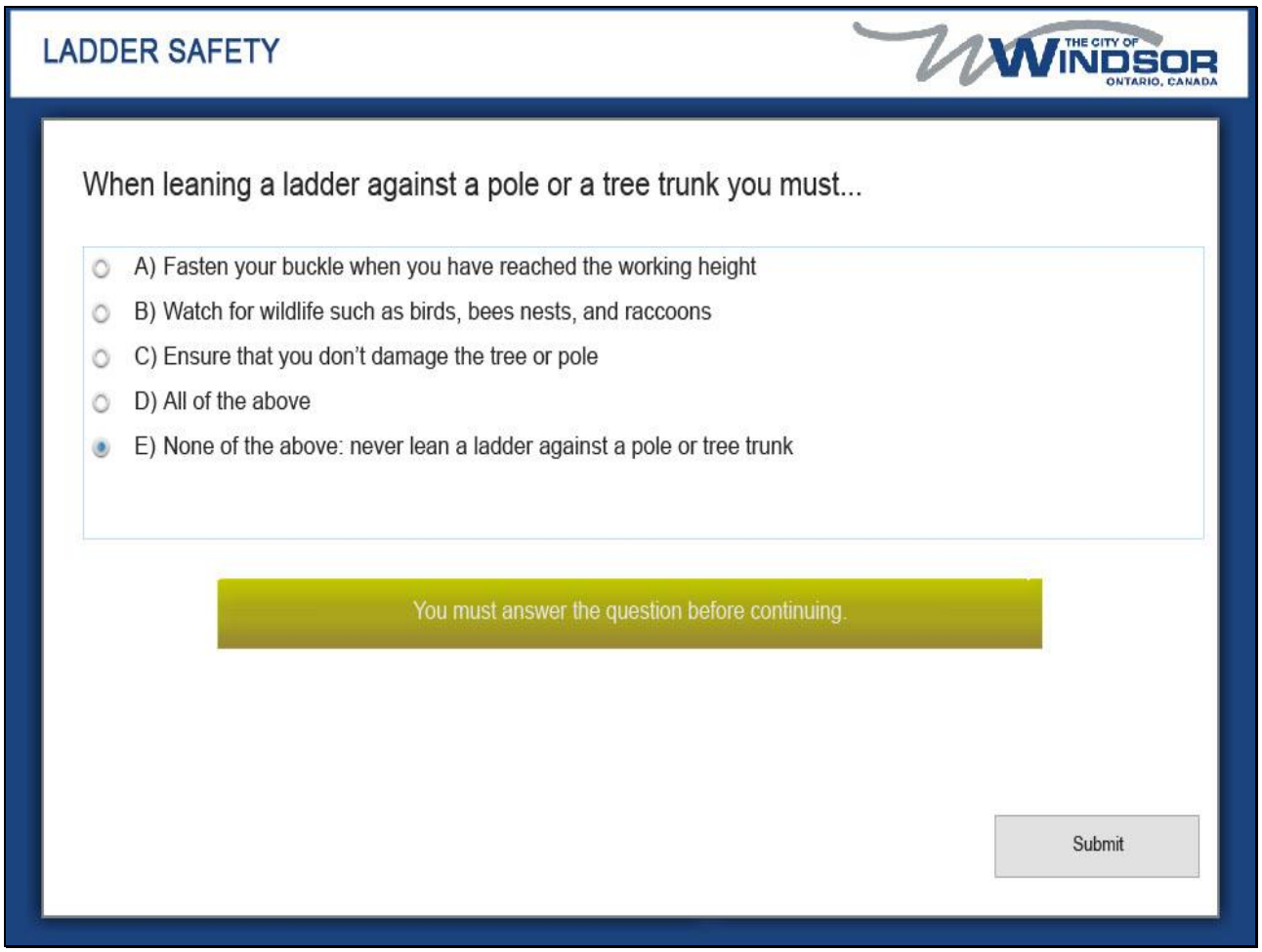
Slide 37 - Slide 37



Slide notes

If two people are climbing a ladder at the same time, the least heavy of the two should climb first. Is this true, or false?

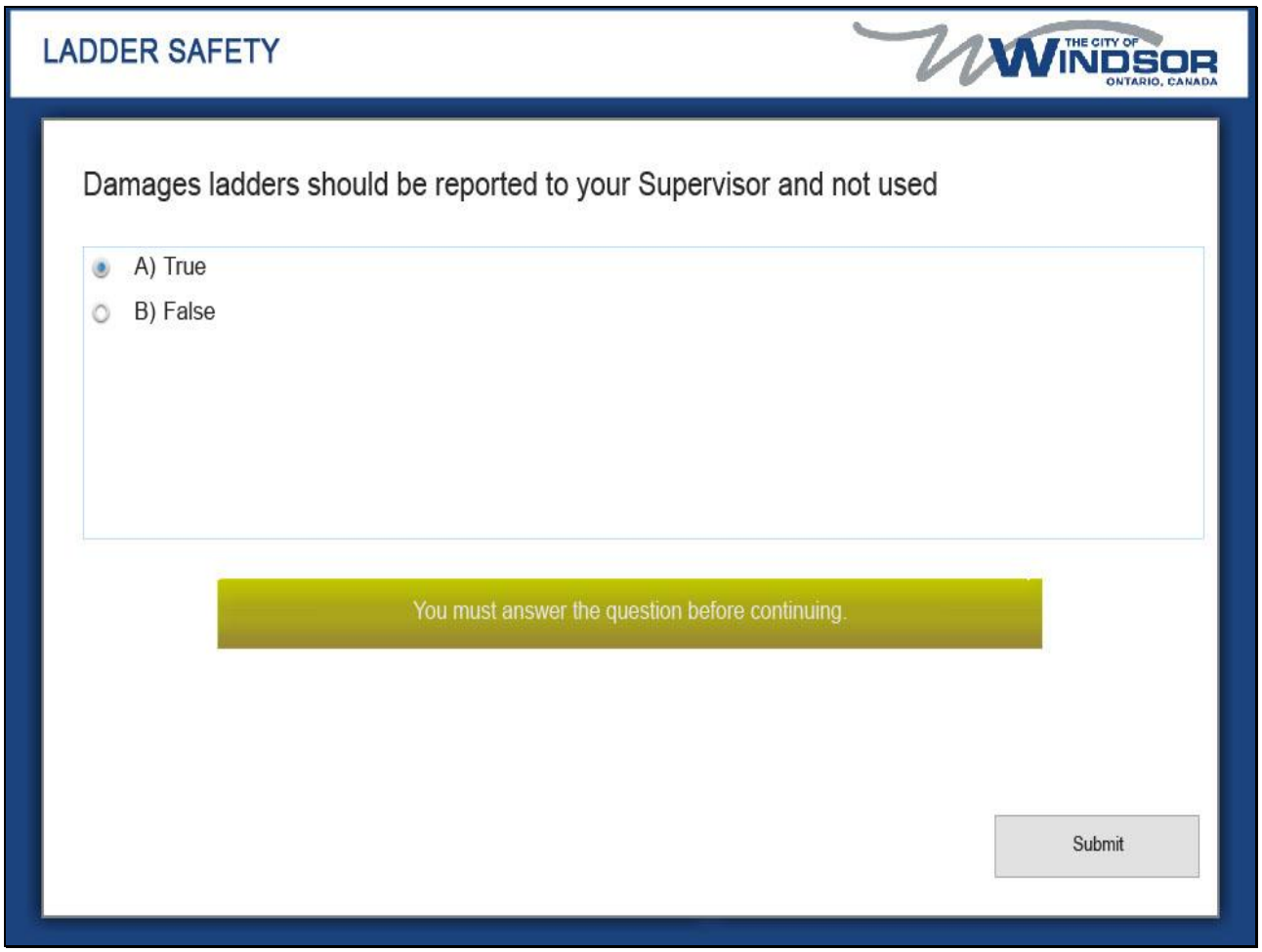
Slide 38 - Slide 38



Slide notes

When leaning a ladder against a pole or tree trunk you must. Fasten your buckle when you have reached the working height. Watch for wildlife such as birds, bees nests and raccoons. Ensure that you don't damage the tree or pole. All of the above. None of the above, never lean a ladder against a pole or tree trunk.

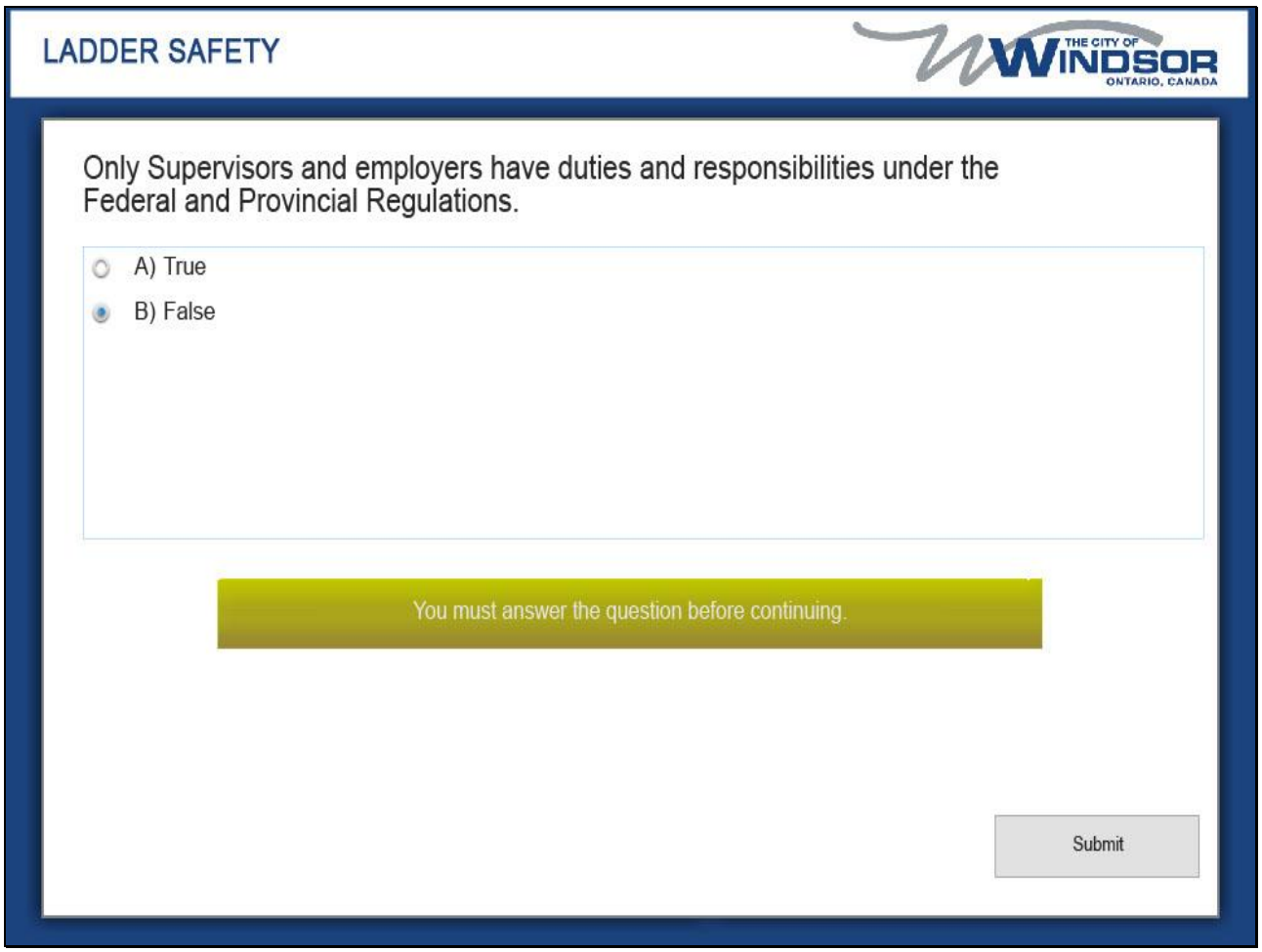
Slide 39 - Slide 39



Slide notes

Damaged ladders should be reported to your Supervisor and not used. Is this true, or false.

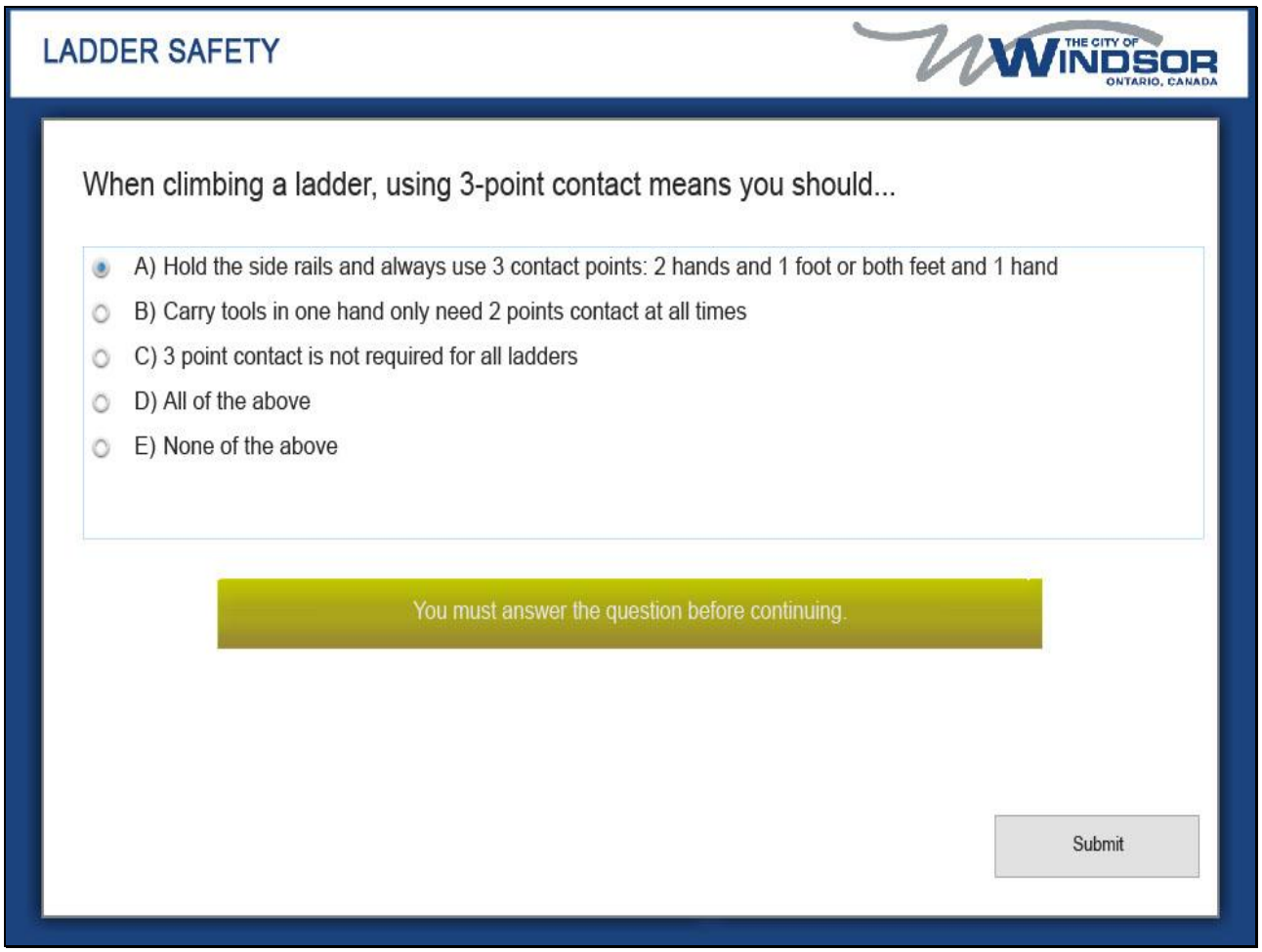
Slide 40 - Slide 40



Slide notes

Choose either true or false. Only Supervisors and employers have duties and responsibilities under the Federal and Provincial Regulations. Is this true, or false.

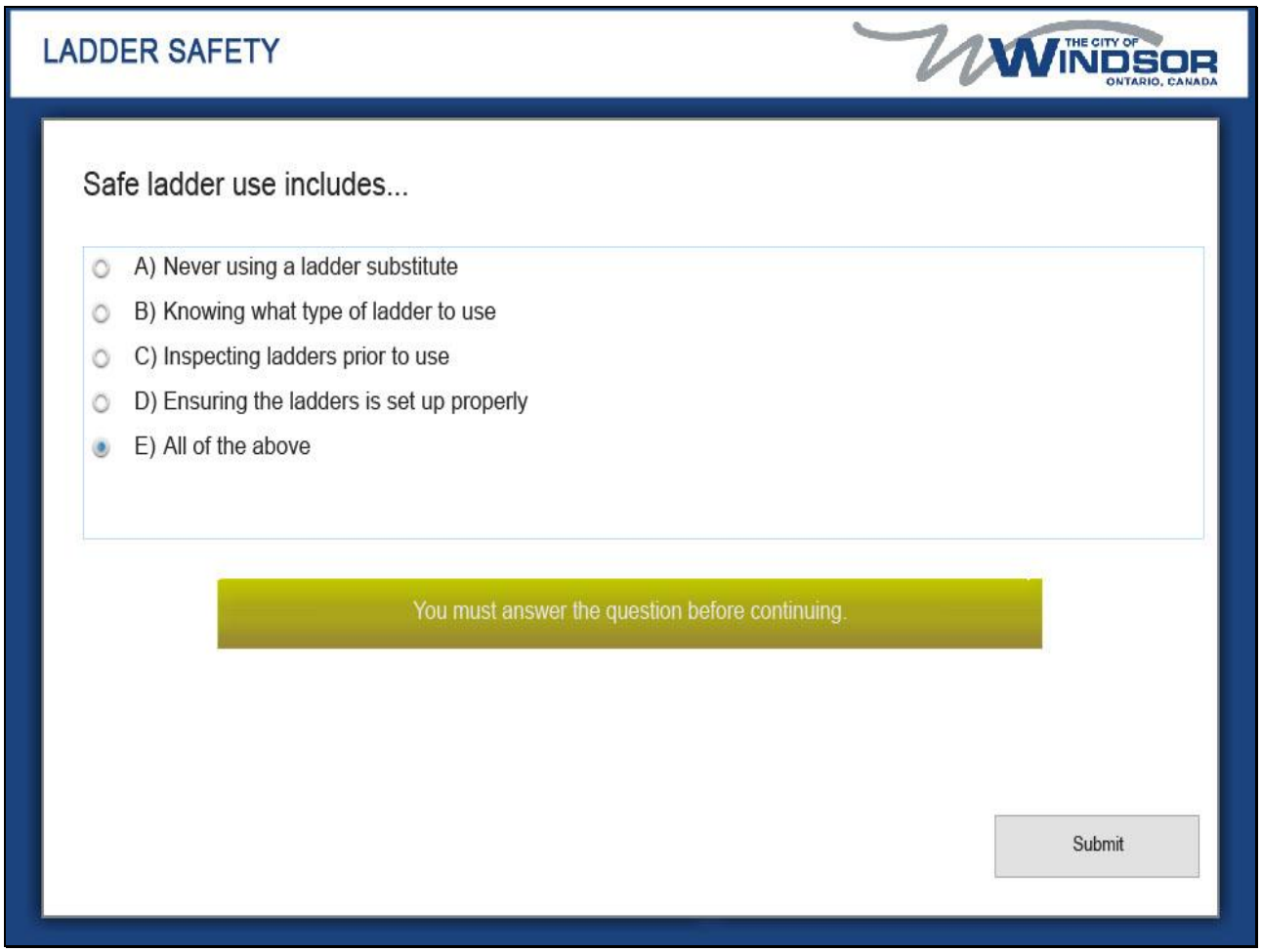
Slide 41 - Slide 41



Slide notes

When climbing a ladder, using three point contact means you should. Hold the side rails and always use three contact points, two hands and one foot or both feet ad one hand. Carry tools in one hand, only need two points contact at all times. Three point contact is not required for all ladders. All of the above. None of the above.

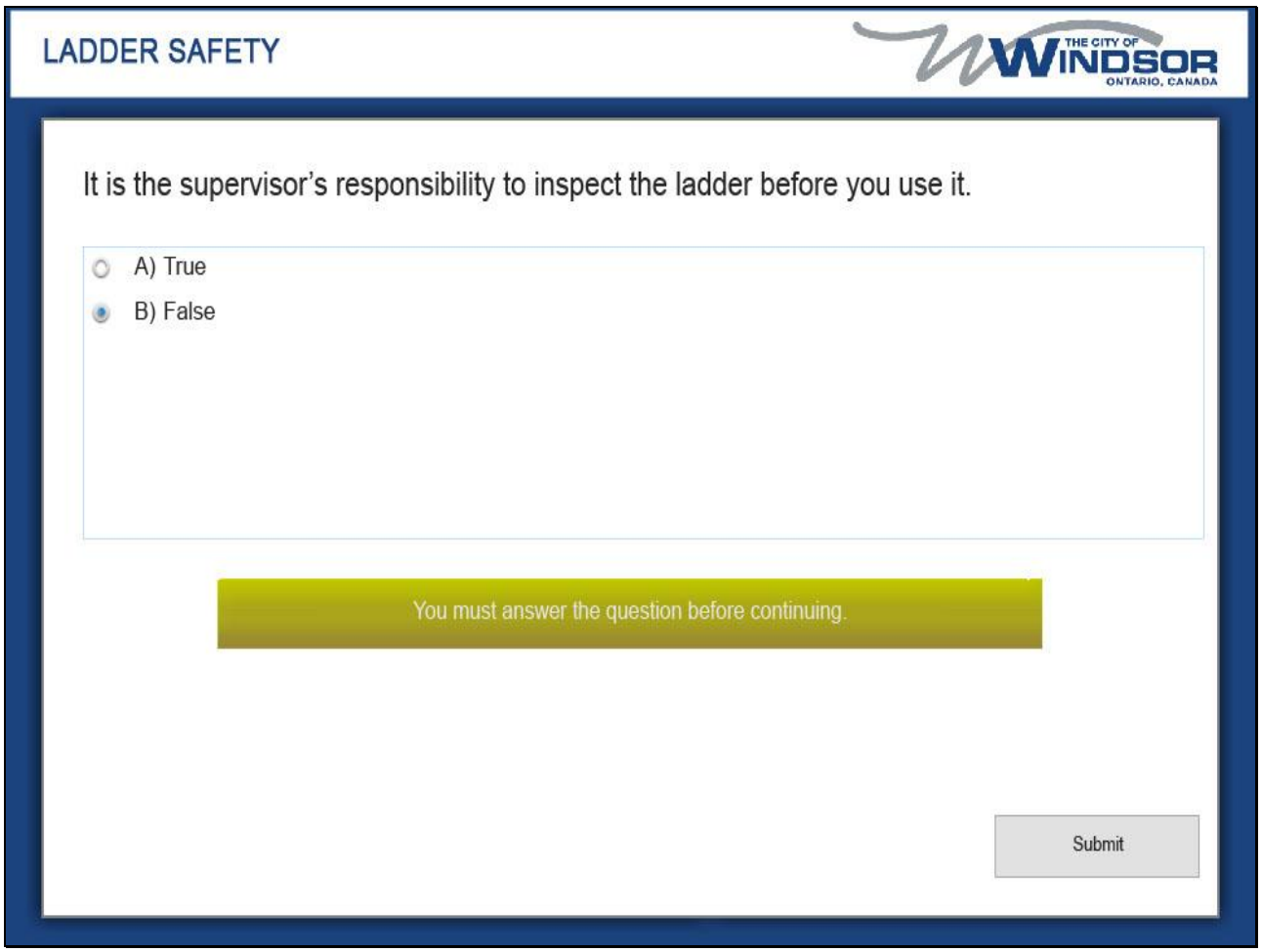
Slide 42 - Slide 42



Slide notes

Safer ladder use includes. Never using a ladder substitute. Knowing what type of ladder to use. Inspecting ladders prior to use. Ensuring the ladder is set up properly. All of the above.

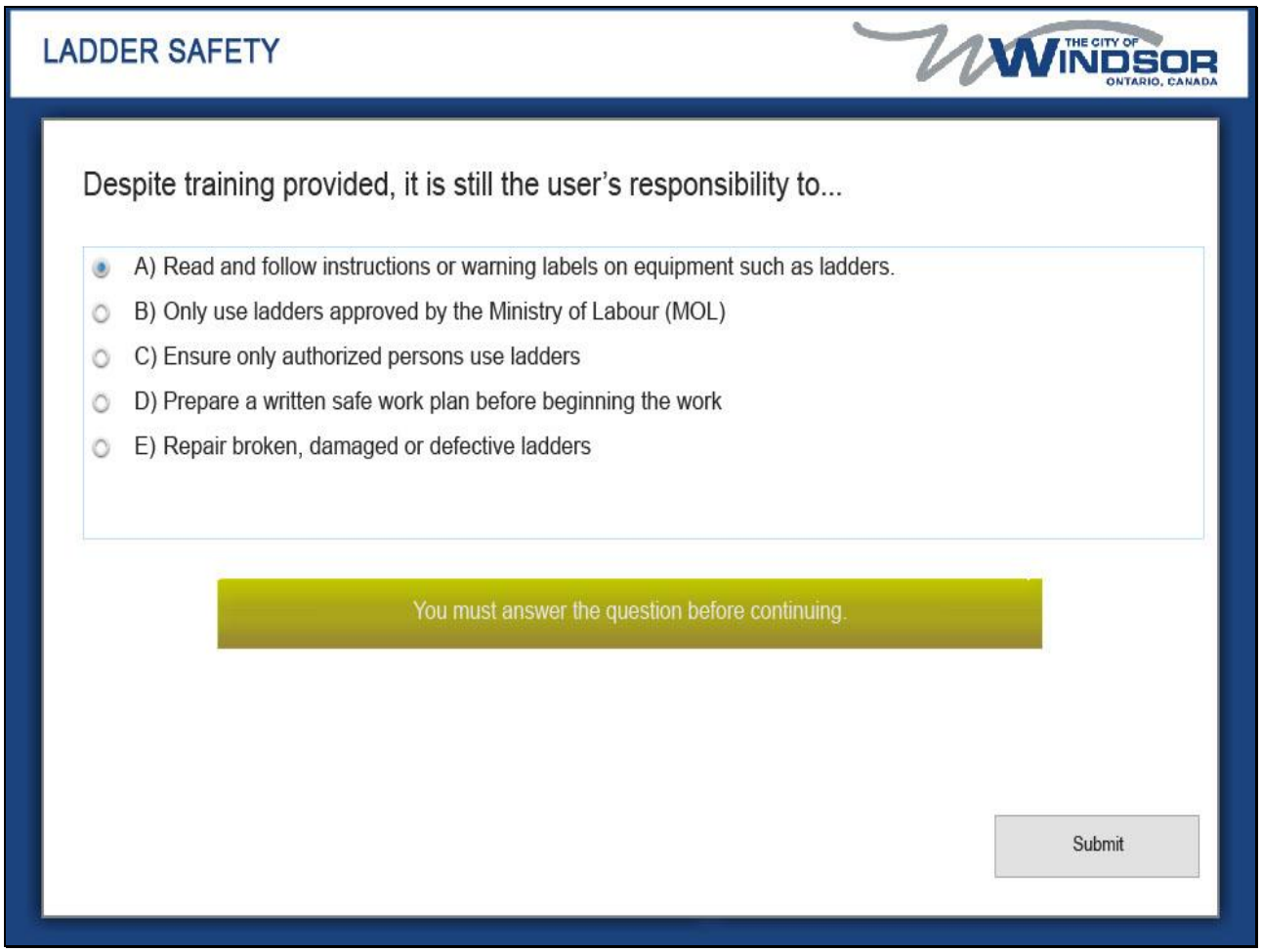
Slide 43 - Slide 43



Slide notes

It is the supervisor's responsibility to inspect the ladder before you use it. Is this true, or false.

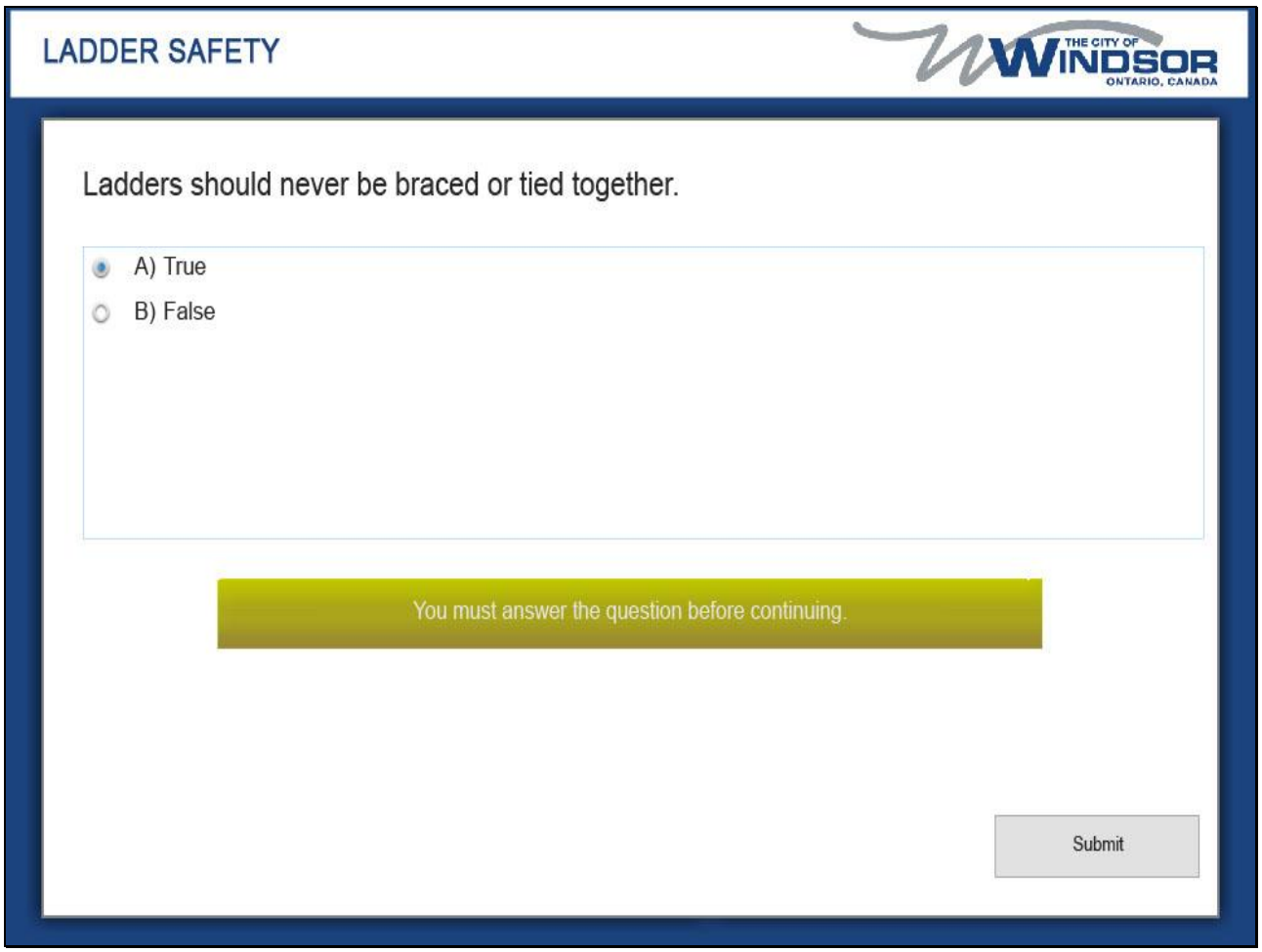
Slide 44 - Slide 44



Slide notes

Despite training provided, it is still the user's responsibility to. Read and follow instructions or warning labels on equipment such as ladders. Only use ladders approved by the Ministry of Labour. Ensure only authorized persons use ladders. Prepare a written safe work plan before beginning the work. Repair broken, damaged, or defective ladders.

Slide 45 - Slide 45



Slide notes

Ladders should never be braced or tied together. Is this true, or false.

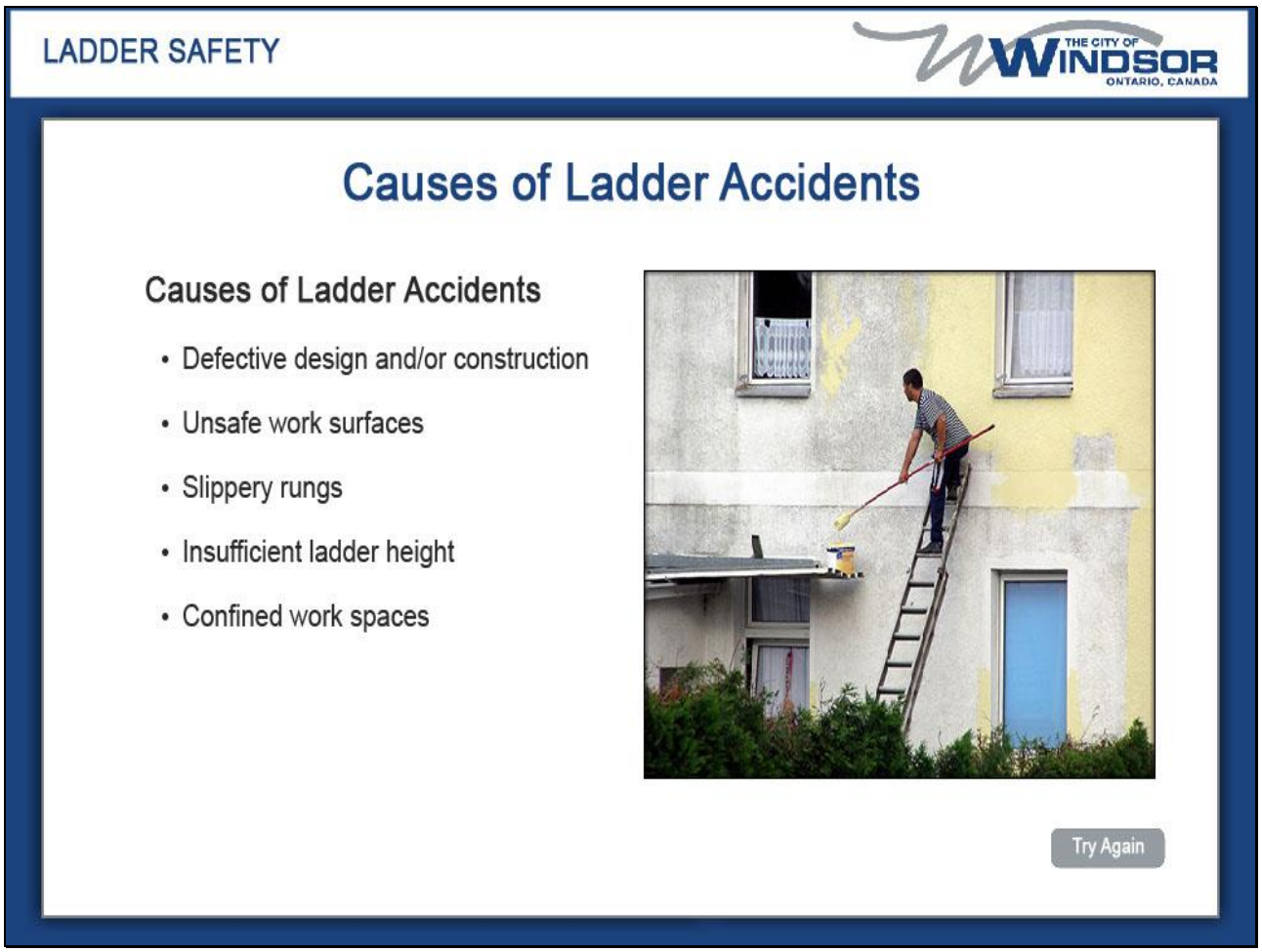
Slide 46 - Slide 46

Slide notes

Congratulations!

You have now completed this lesson. Click next to continue.

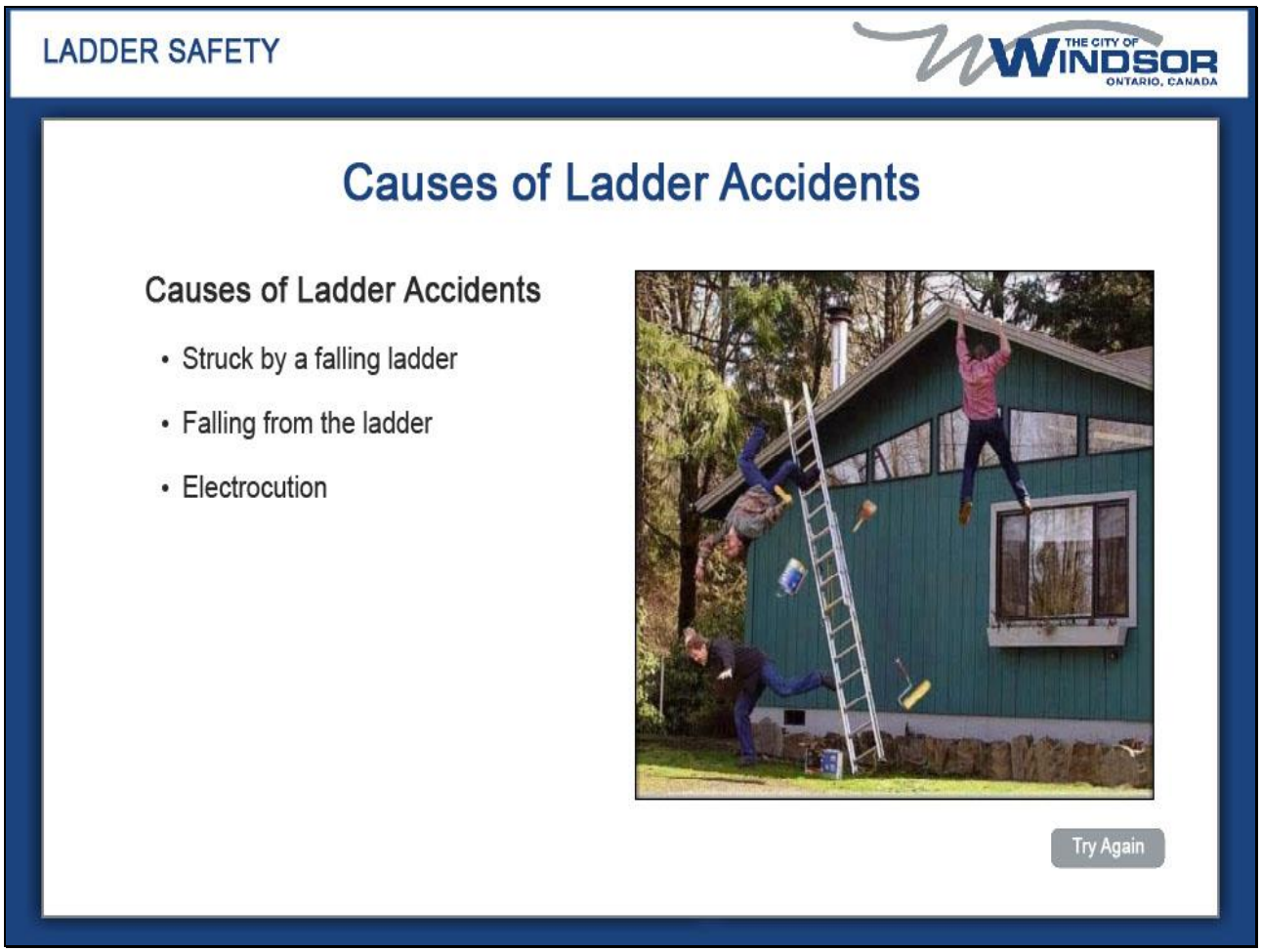
Slide 47 - Slide 47



Slide notes

Ladder accidents can be prevented. But to prevent these mishaps, you have to understand how accidents can happen. Defective design and or construction of the ladder can certainly cause an accident. That's why pre use inspection is so vital. You can also avoid ladder accidents by being aware of un safe work surfaces such as, slippery ceramic tiles, wooden floors, or soft or uneven ground. What about slippery rungs caused by oil, ice, or other material covering the slip proof surface of the rungs. Insufficient ladder height can force a worker to reach too far overhead. And a confined workspace can restrict proper ladder set up

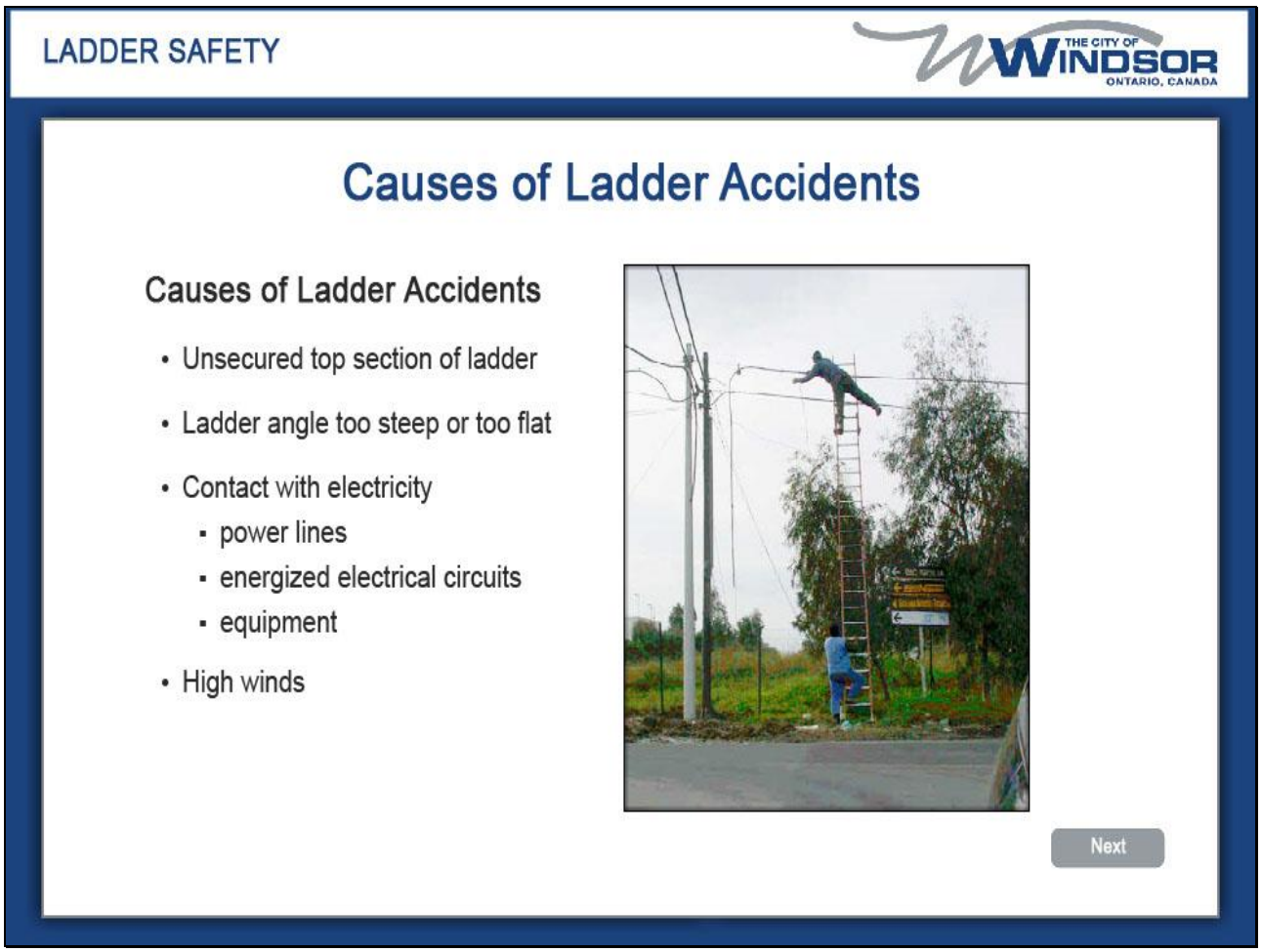
Slide 48 - Slide 48



Slide notes

Other causes of ladder accidents include, getting struck by a falling ladder, losing your balance and falling from the ladder, or even getting electrocuted by making contact with electrical wiring or getting struck by lightning

Slide 49 - Slide 49



Slide notes

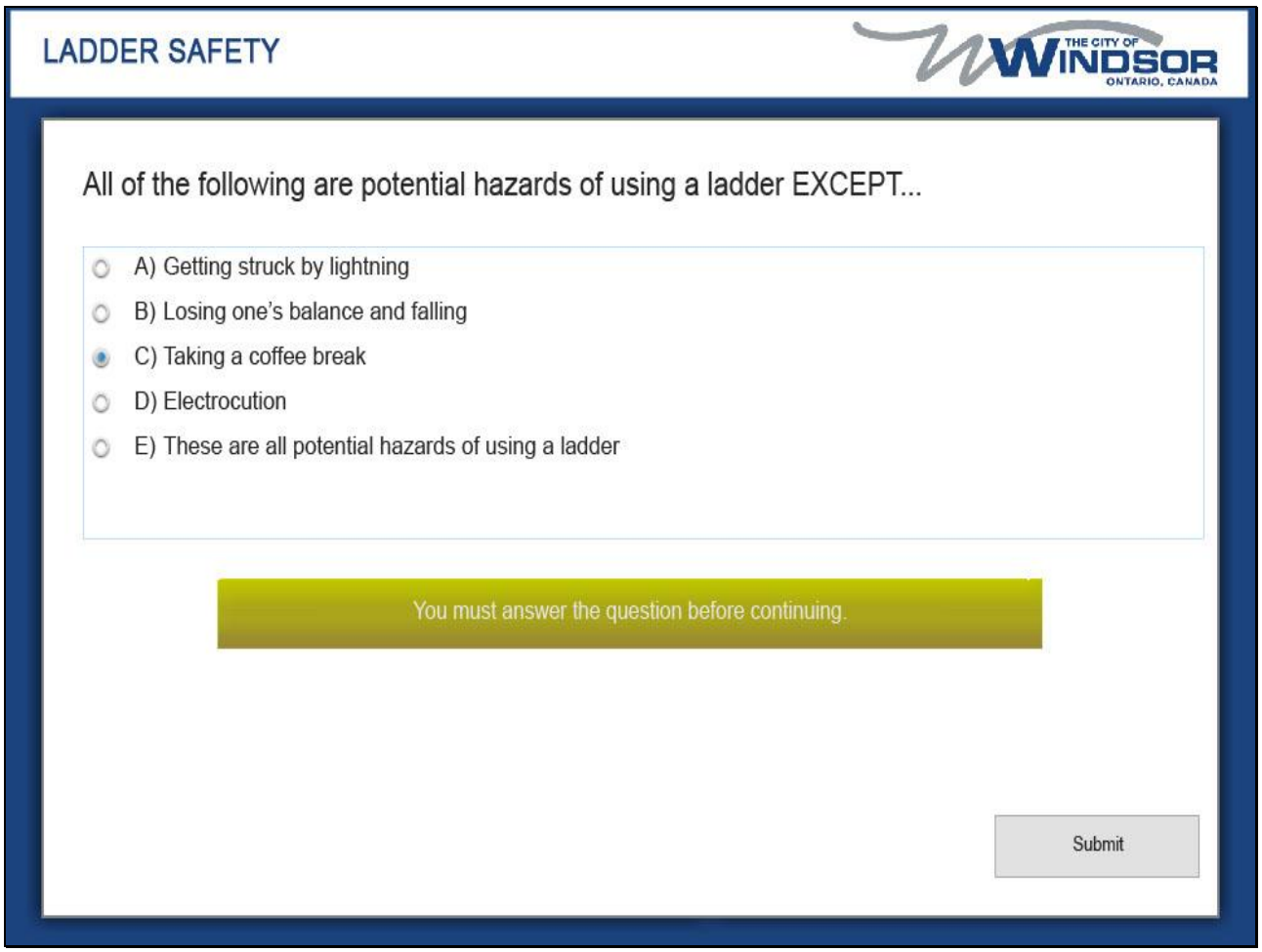
Some ladder accidents are caused by making poor setup choices. Ladder accidents happen when the top section of the ladder is not secured. Or, if the ladders angle is either too steep, or too flat. And watch out for those power lines, energized electrical circuits, or equipment, that can certainly cause you harm. High winds are out of your control, but using a ladder while high winds are around, can certainly be avoided. Of course, you would never set up a ladder like the ones described here. But, they are all good reminders of what could cause ladder accidents.

Slide 50 - Slide 50

Slide notes

Before we continue, lets stop and make sure you understand this information. CLick next when you are ready to begin the quiz.

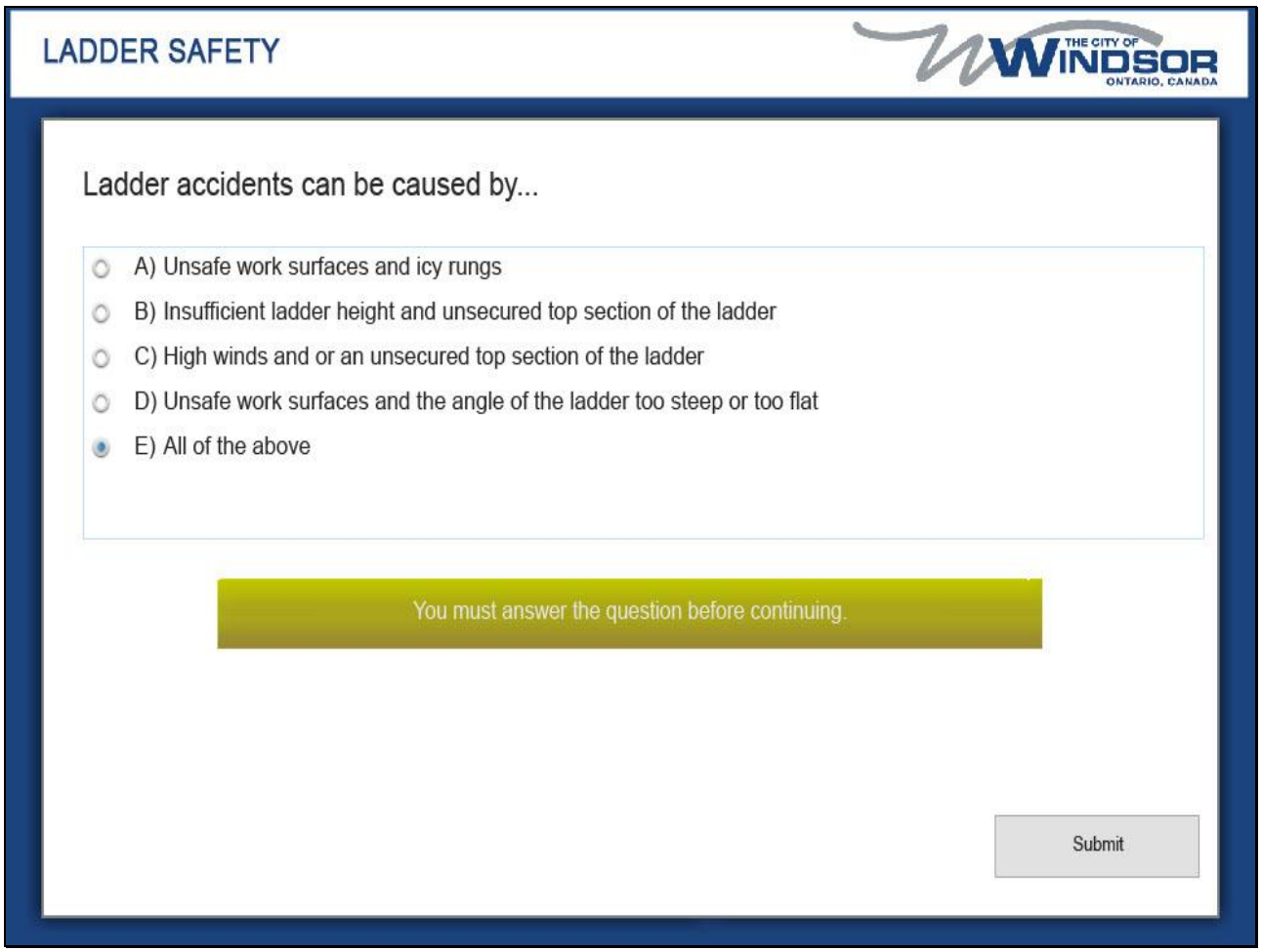
Slide 51 - Slide 51



Slide notes

All of the following are potential hazards of using a ladder Except. Getting struck by lightning. Losing one's balance and falling. Taking a coffee break. Electrocution. These are all potential hazards of using a ladder.

Slide 52 - Slide 52



Slide notes

Ladder accidents can be caused by. Unsafe work surfaces and icy rungs. Insufficient ladder height and unsecured top section of the ladder. High winds and or an unsecured top section of the ladder. Unsafe work surfaces and the angle of the ladder too steep or too flat. All of the above.

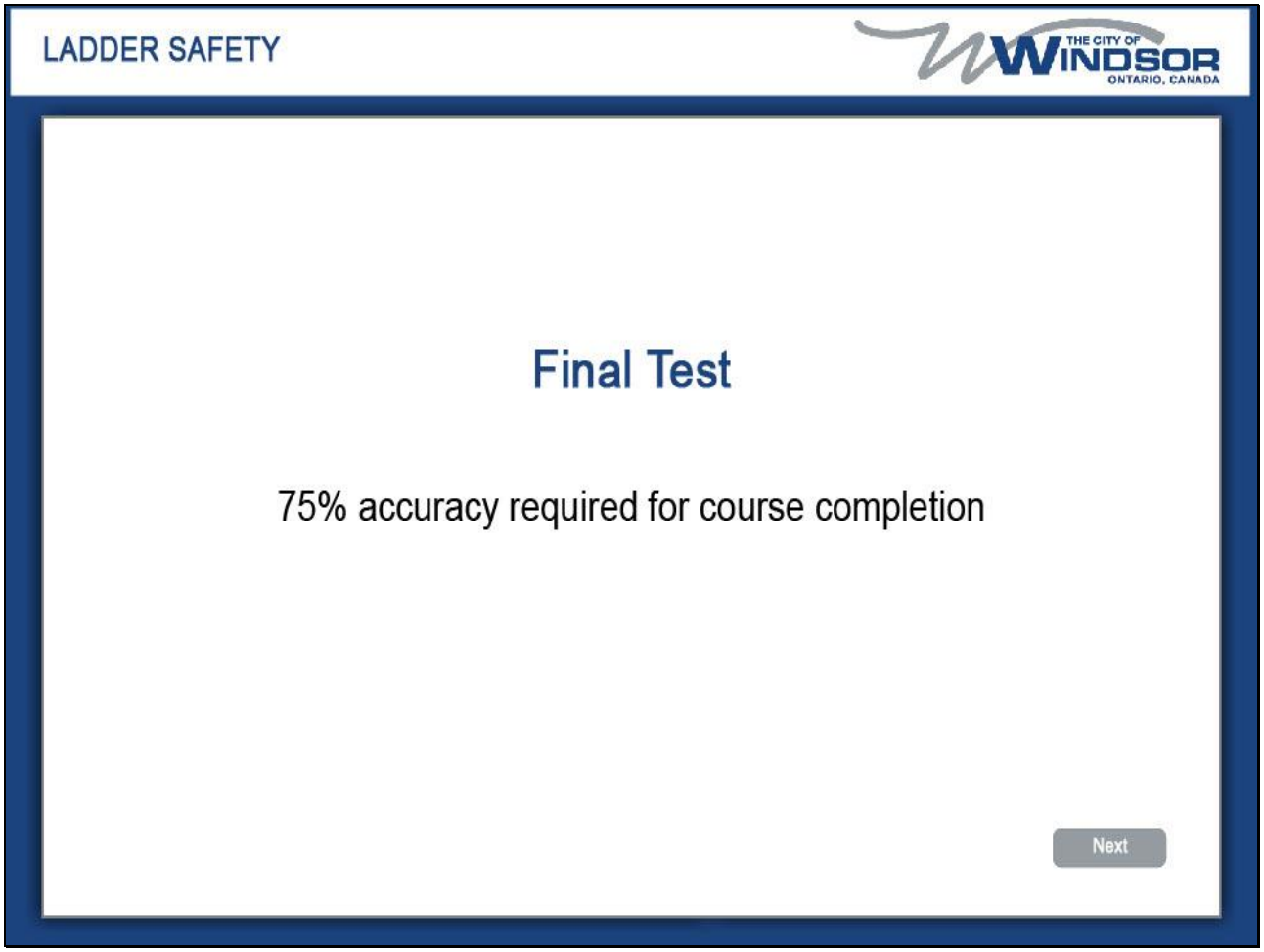
Slide 53 - Slide 53

Slide notes

Congratulations!

You have now completed this lesson. Click next to continue.

Slide 54 - Slide 54



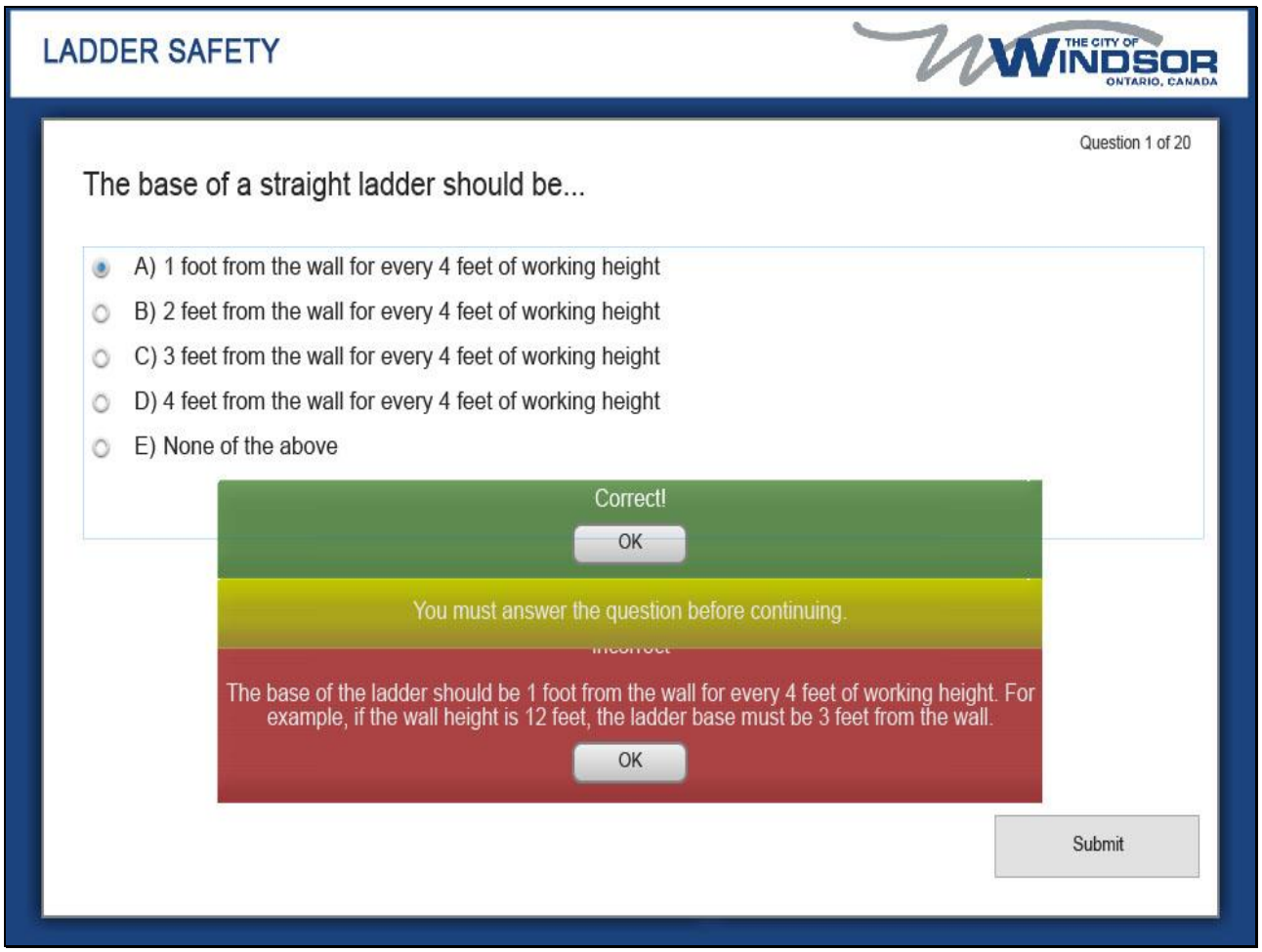
Slide notes

Now that you have completed all the lessons of this course, it’s time to make sure you have a good understanding of this material.

Course completion will require a score of 75 percent or greater.

Click next, when you’re ready to begin.

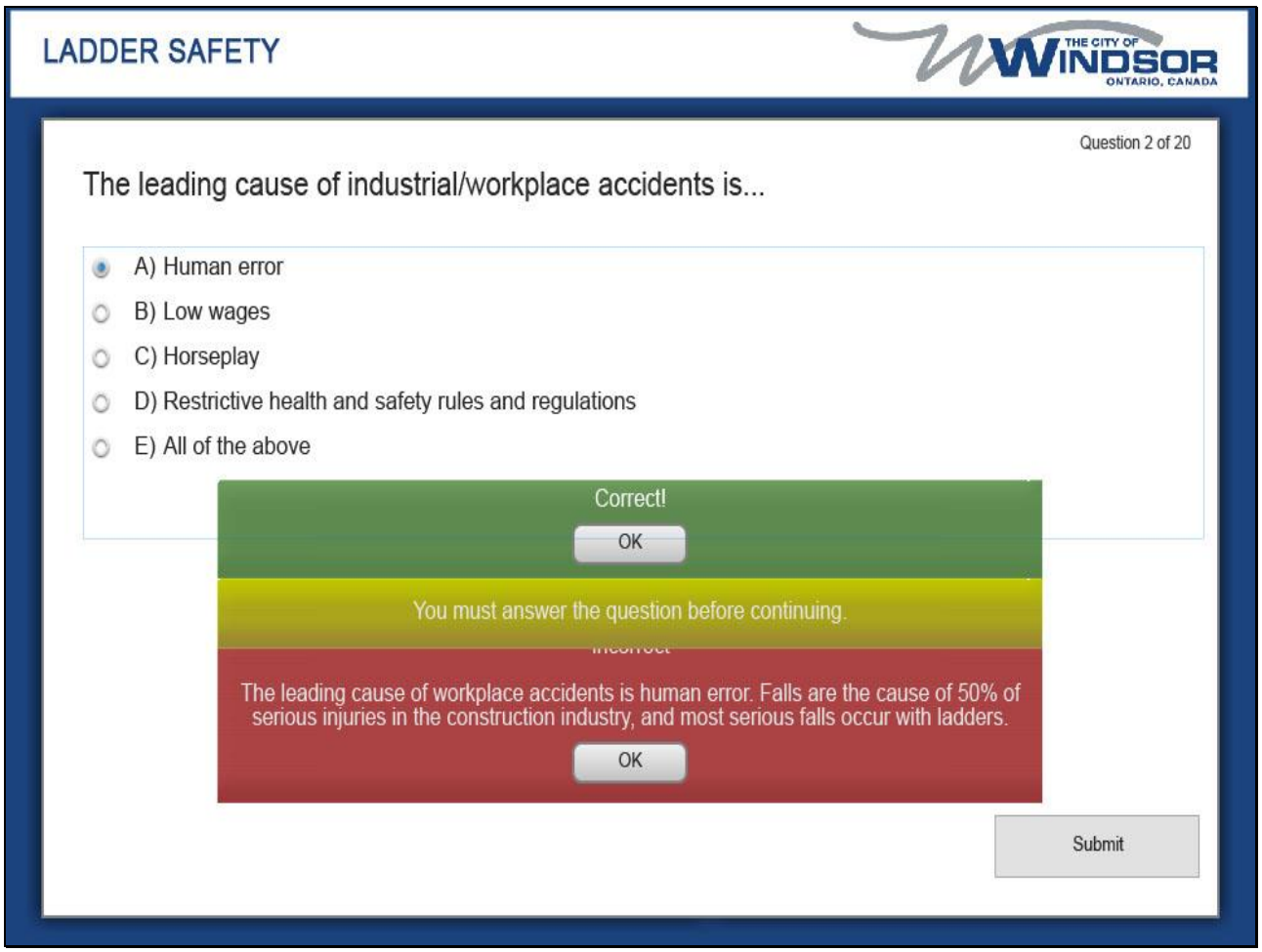
Slide 55 - Slide 55



Slide notes

The base of a straight ladder should be. One foot from the wall for every four feet of working height. Two feet from the wall for every four feet of working height. Three feet from the wall for every four feet of working height. Four feet from the wall for every four feet of working height. None of the above.

Slide 56 - Slide 56



Slide notes

The leading cause of industrial/workplace accidents is. Human error. Low wages. Horseplay. Restrictive health and safety rules and regulations. All of the above.

Slide 57 - Slide 57

Slide notes

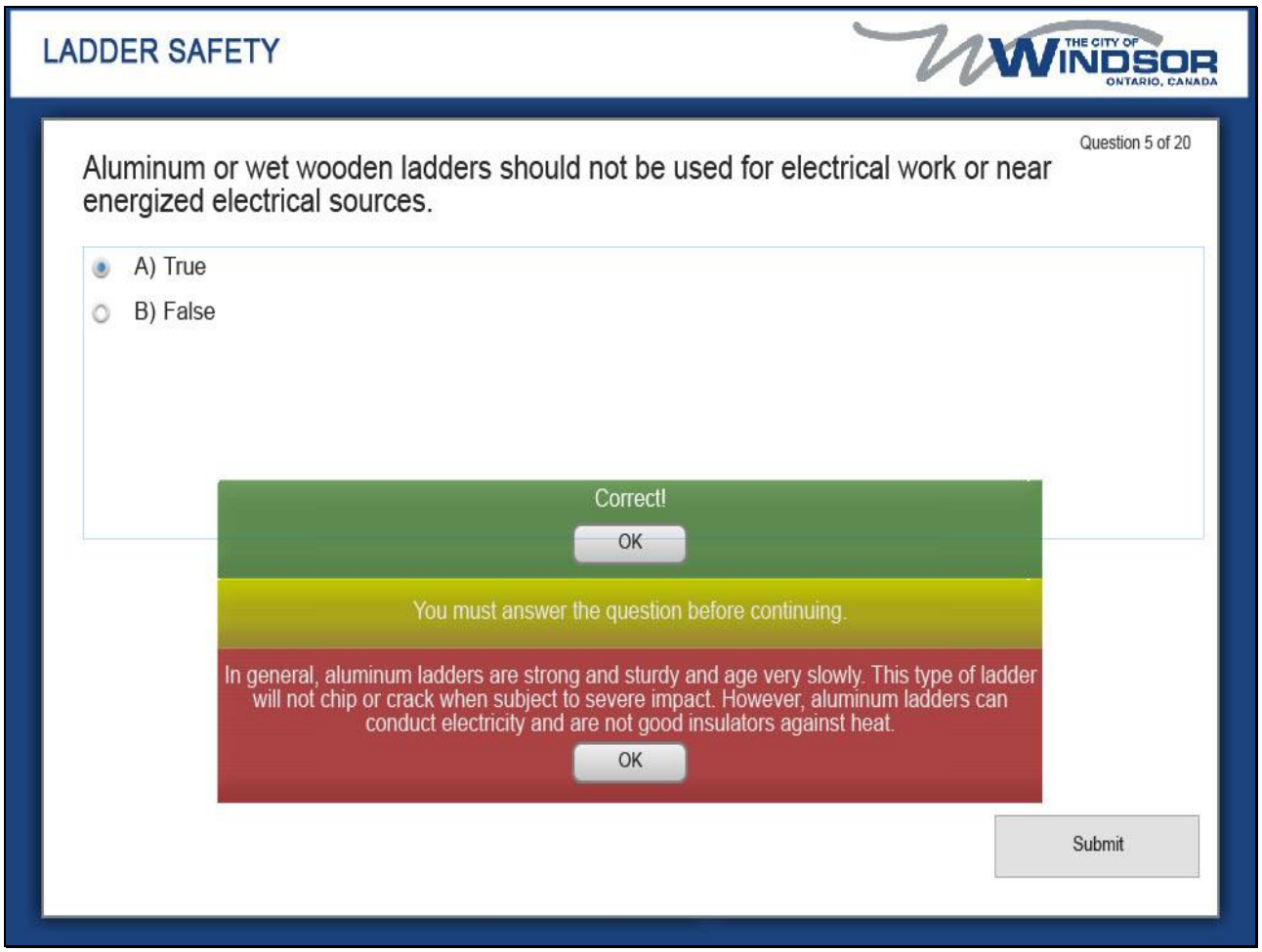
Extension ladders must be securely fastened prior to use. Is this true, or false.

Slide 58 - Slide 58

Slide notes

A wood ladder should be painted once a year or more depending on it's use. Is this true, or false.

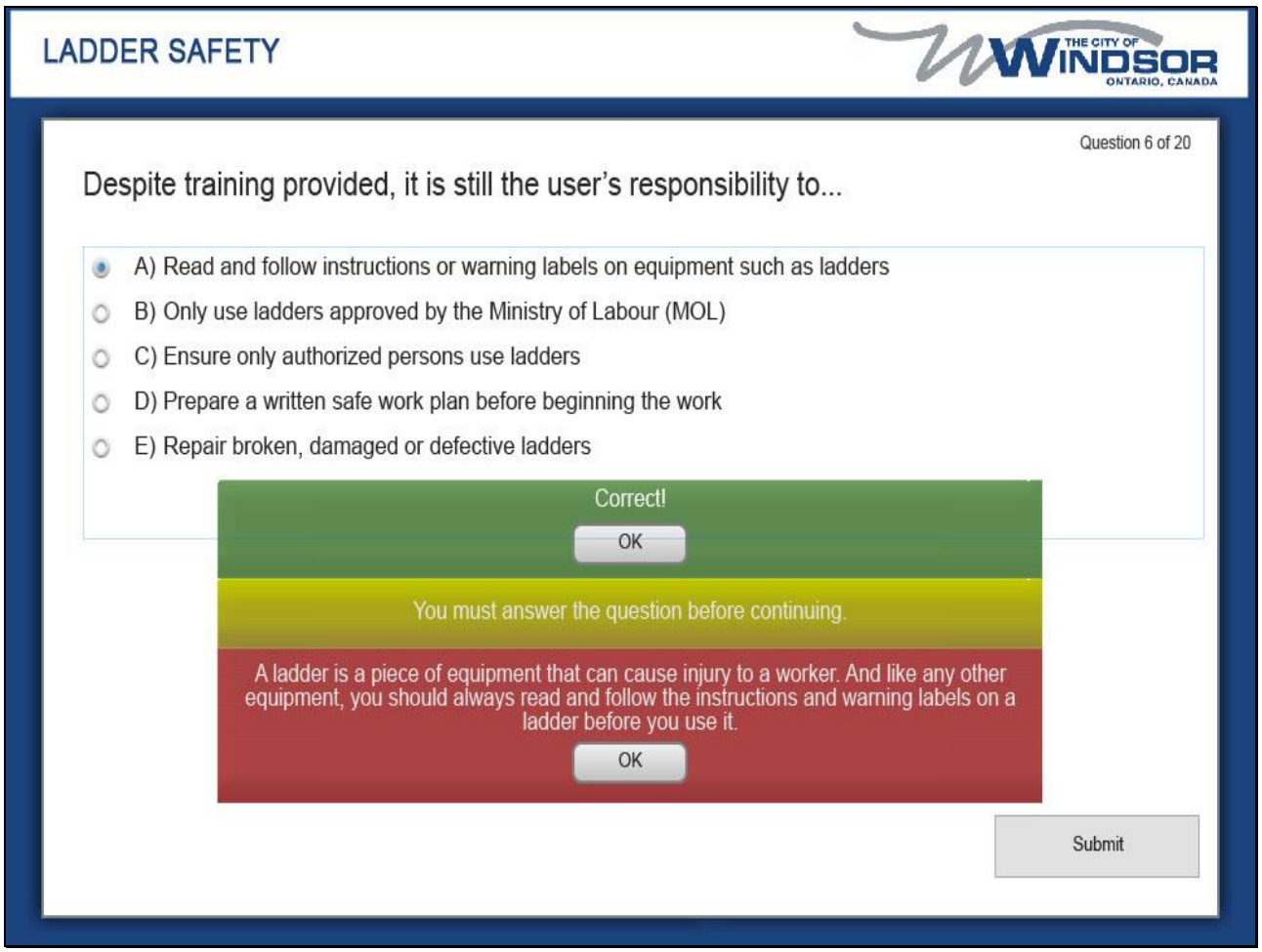
Slide 59 - Slide 59



Slide notes

Aluminum or wet wooden ladders should not be used for electrical work or near energized electrical sources. Is this true, or false.

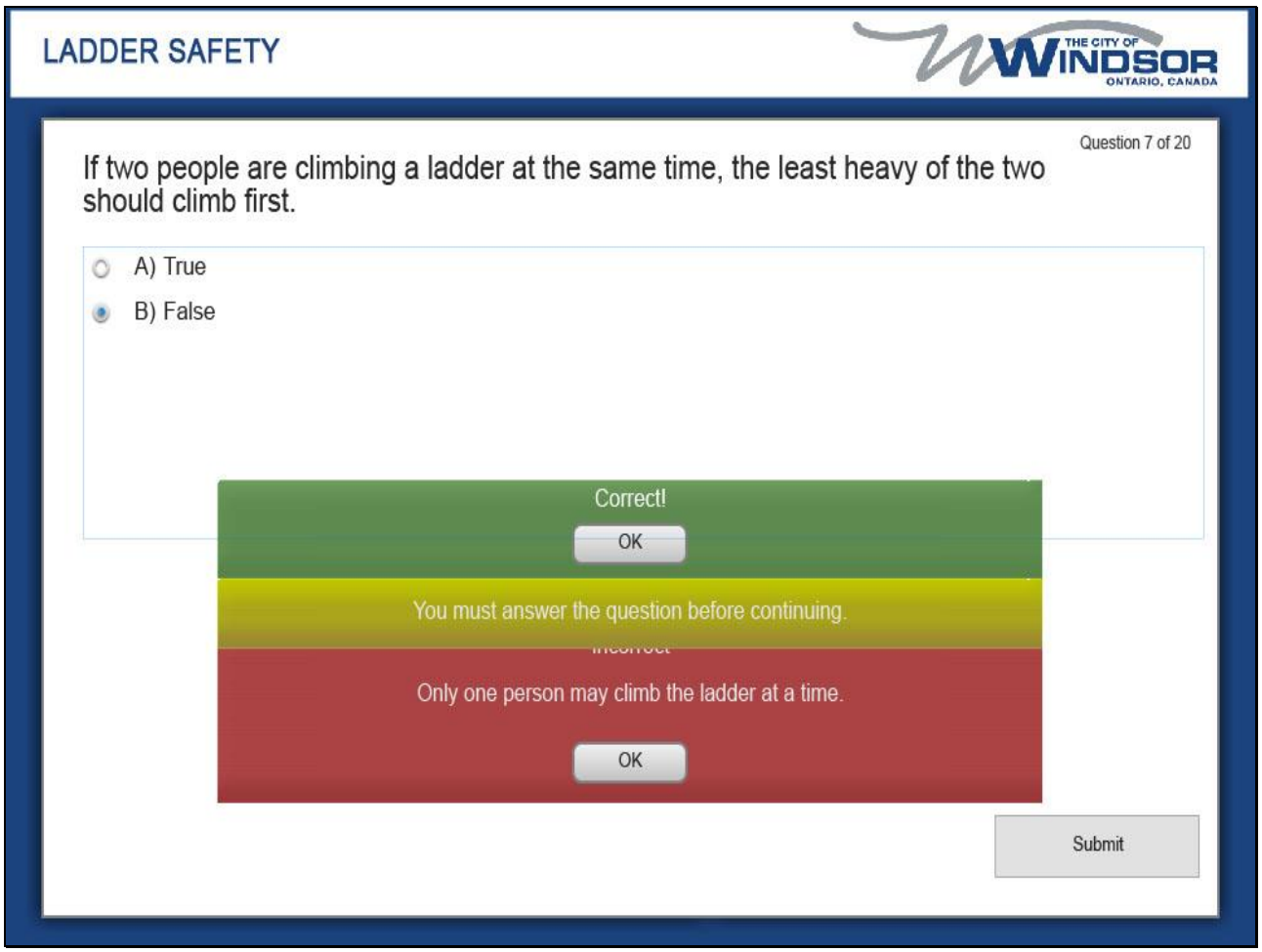
Slide 60 - Slide 60



Slide notes

Despite training provided, it is still the user's responsibility to. Read and follow instructions or warning labels on equipment such as ladders. Only use ladders approved by the ministry of labour. Ensure only authorized persons use ladders. Prepare a written safe work plan before beginning the work. Repair broken, damaged or defective ladders.

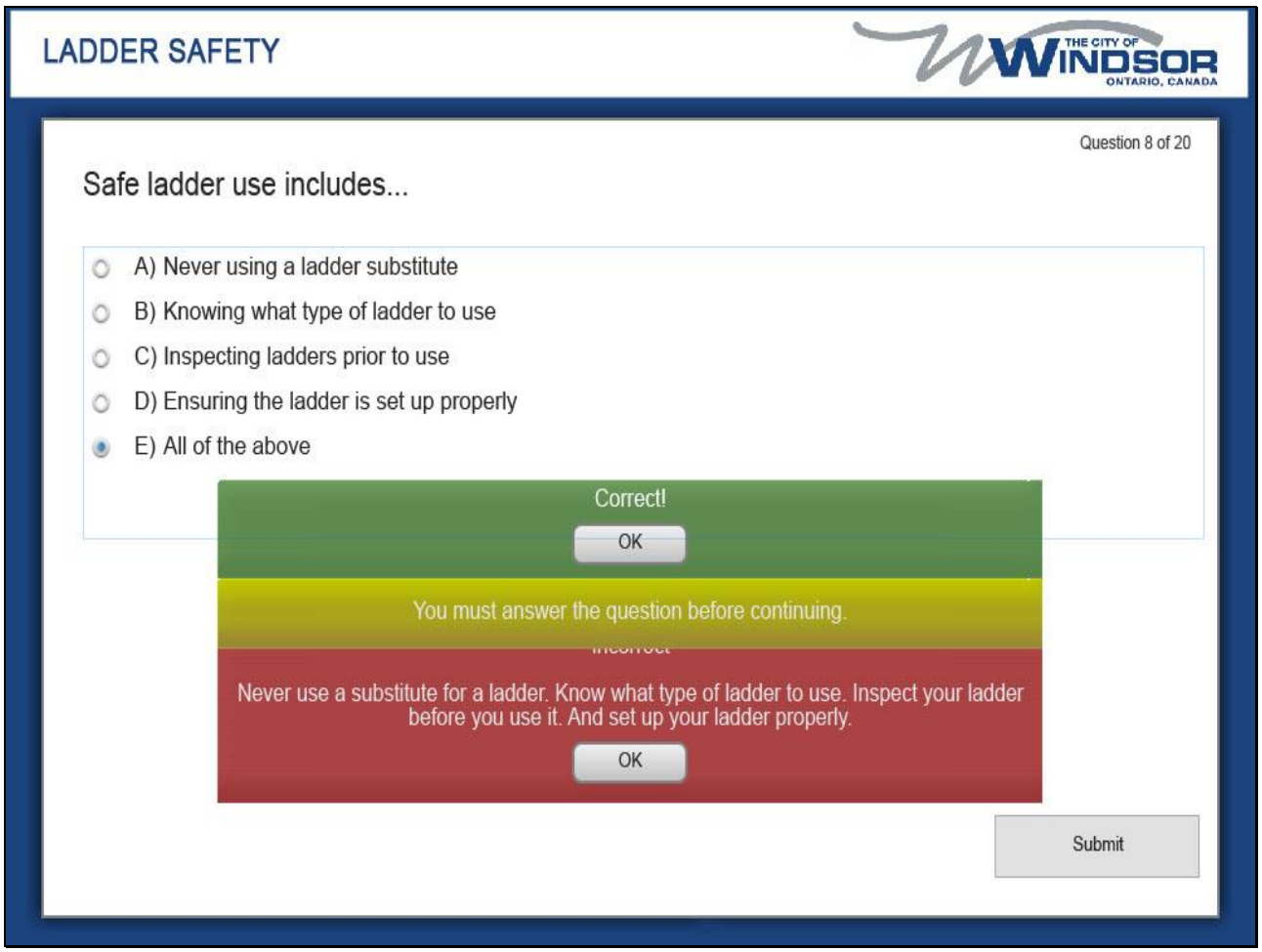
Slide 61 - Slide 61



Slide notes

If two people are climbing a ladder at the same time, the least heavy of the two should climb first. Is this true, or false.

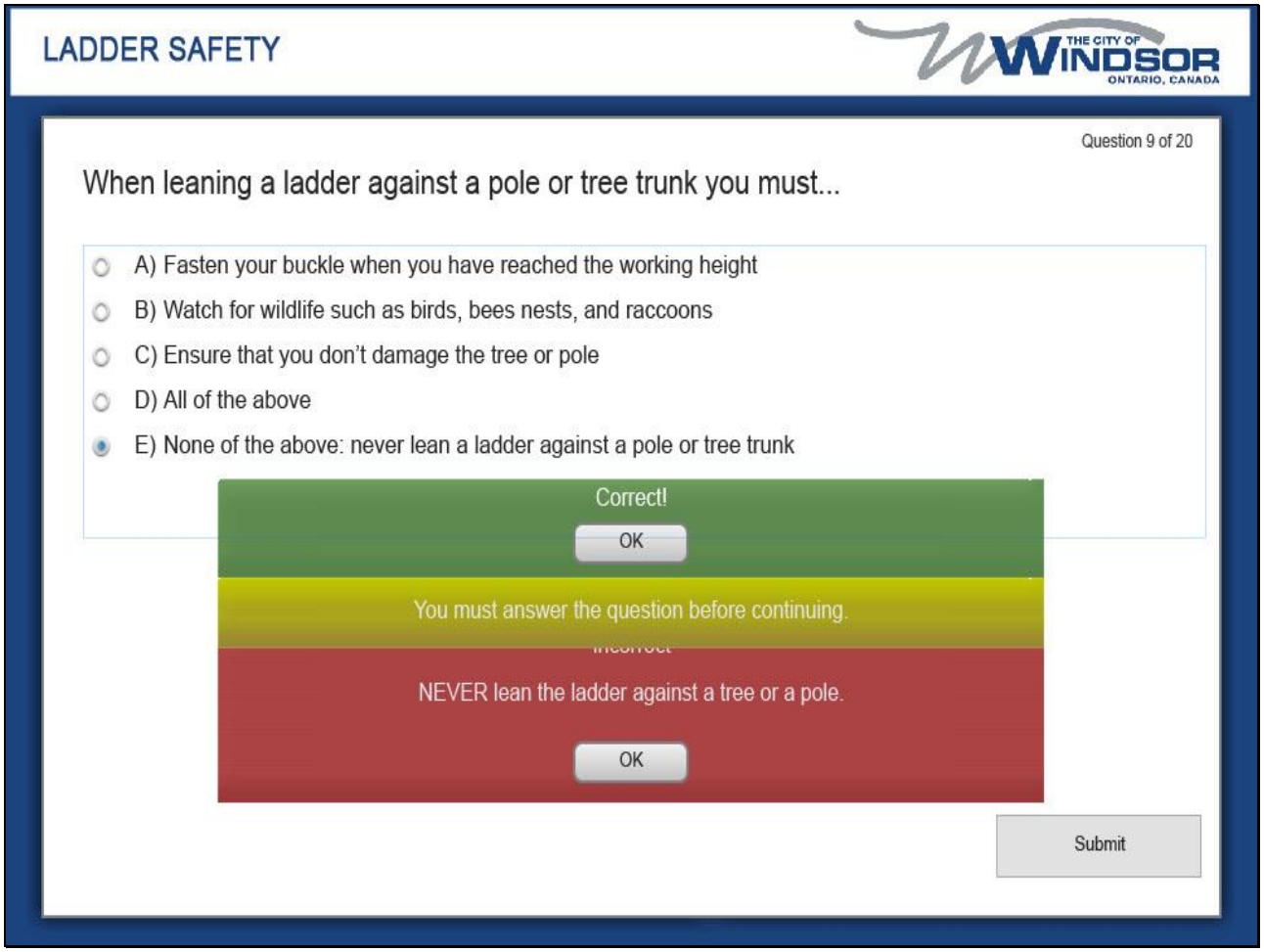
Slide 62 - Slide 62



Slide notes

Safe ladder use includes. Never using a ladder substitute. Knowing what type of ladder to use. Inspecting ladders prior to use. Ensuring the ladder is setup properly. All of the above.

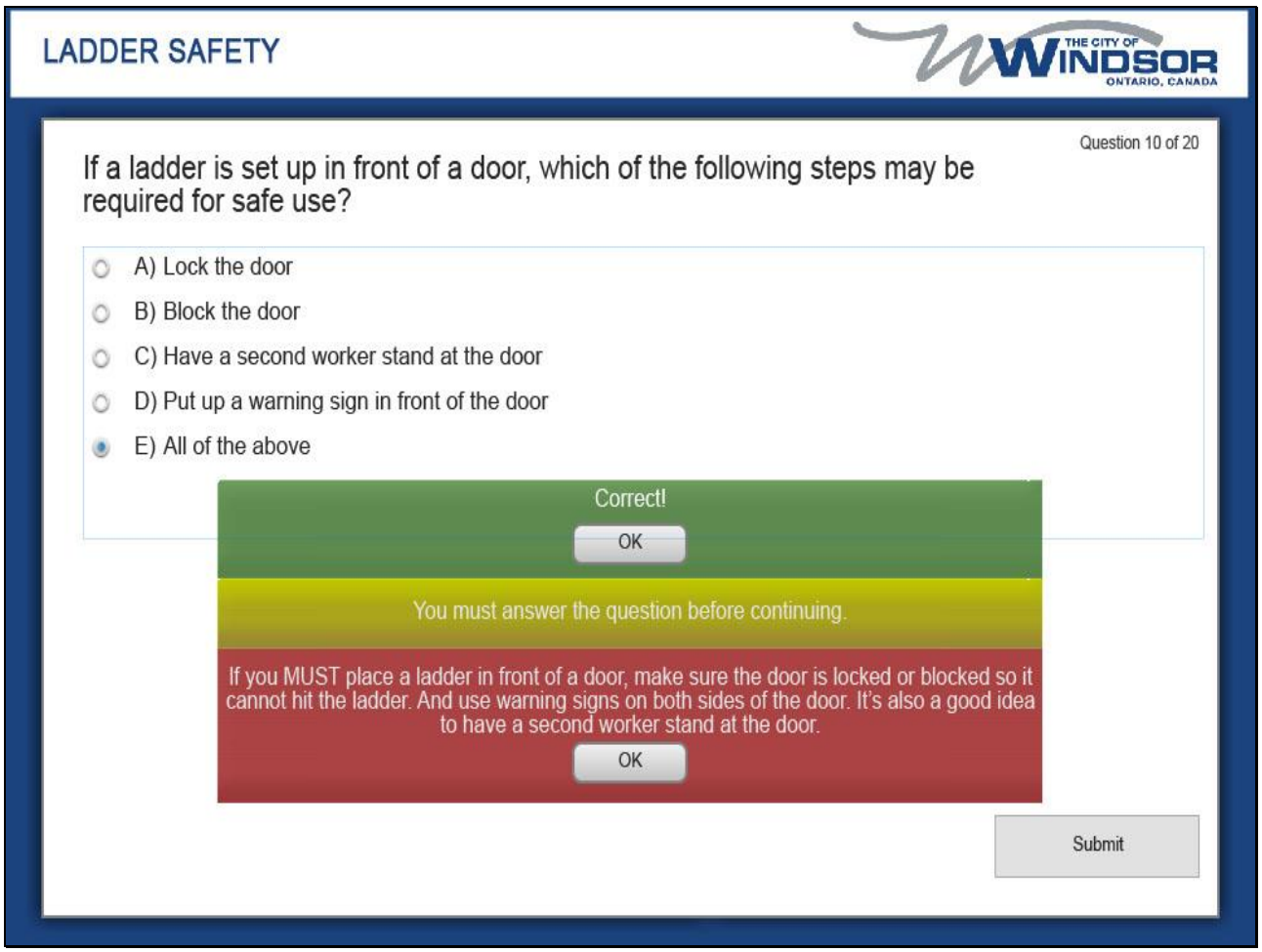
Slide 63 - Slide 63



Slide notes

When leaning a ladder against a pole or tree trunk you must. Fasten your buckle when you have reached the working height. Watch for wildlife such as birds, bees nests, and raccoons. Ensure that you don't damage the tree or pole. All of the above. None of the above, never lean a ladder against a pole or tree trunk.

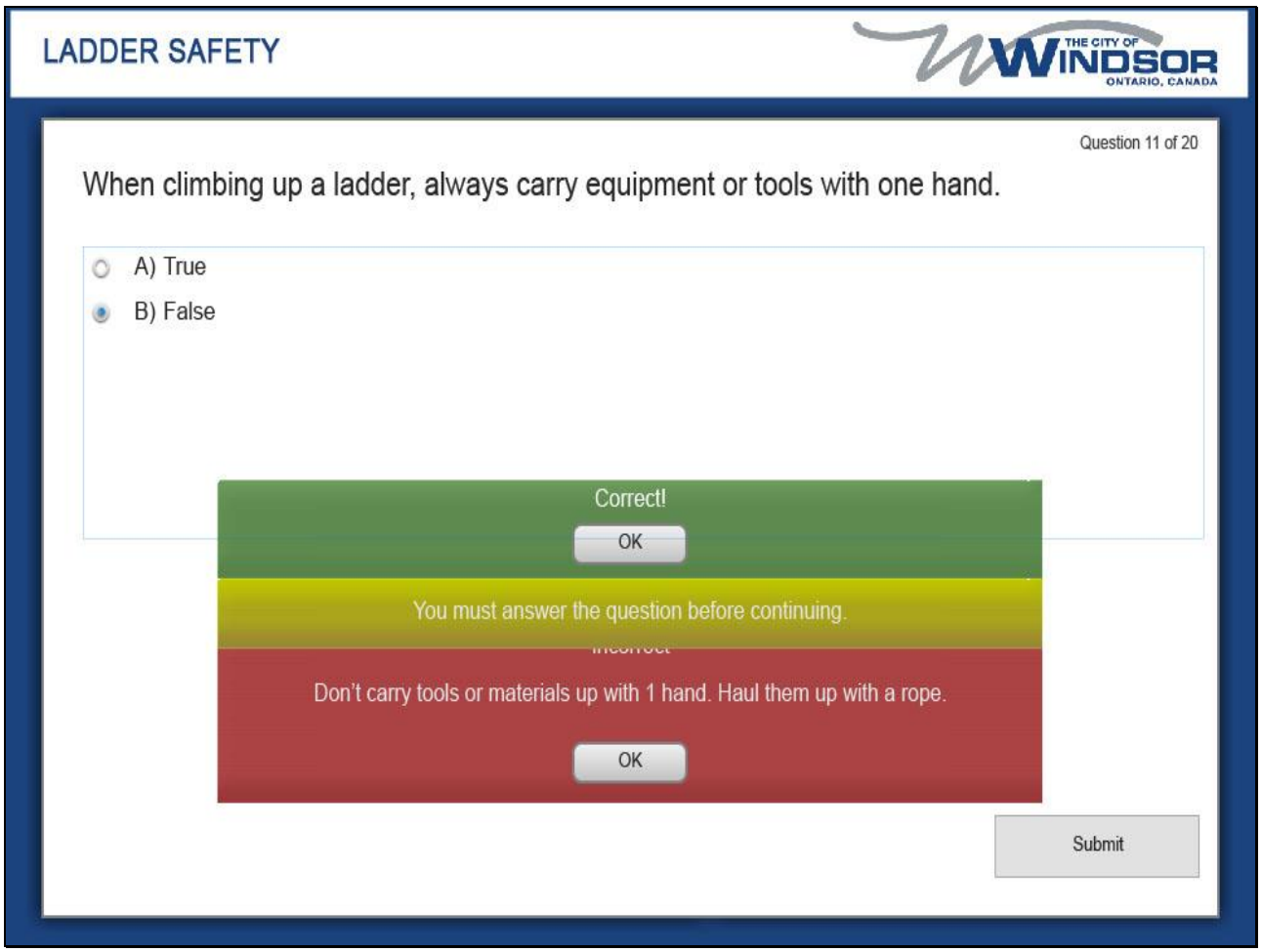
Slide 64 - Slide 64



Slide notes

If a ladder is set up in front of a door, which of the following steps may be required for safe use? Lock the door. Block the door. Have a second worker stand at the door. Put up a warning sign in front of the door. All of the above.

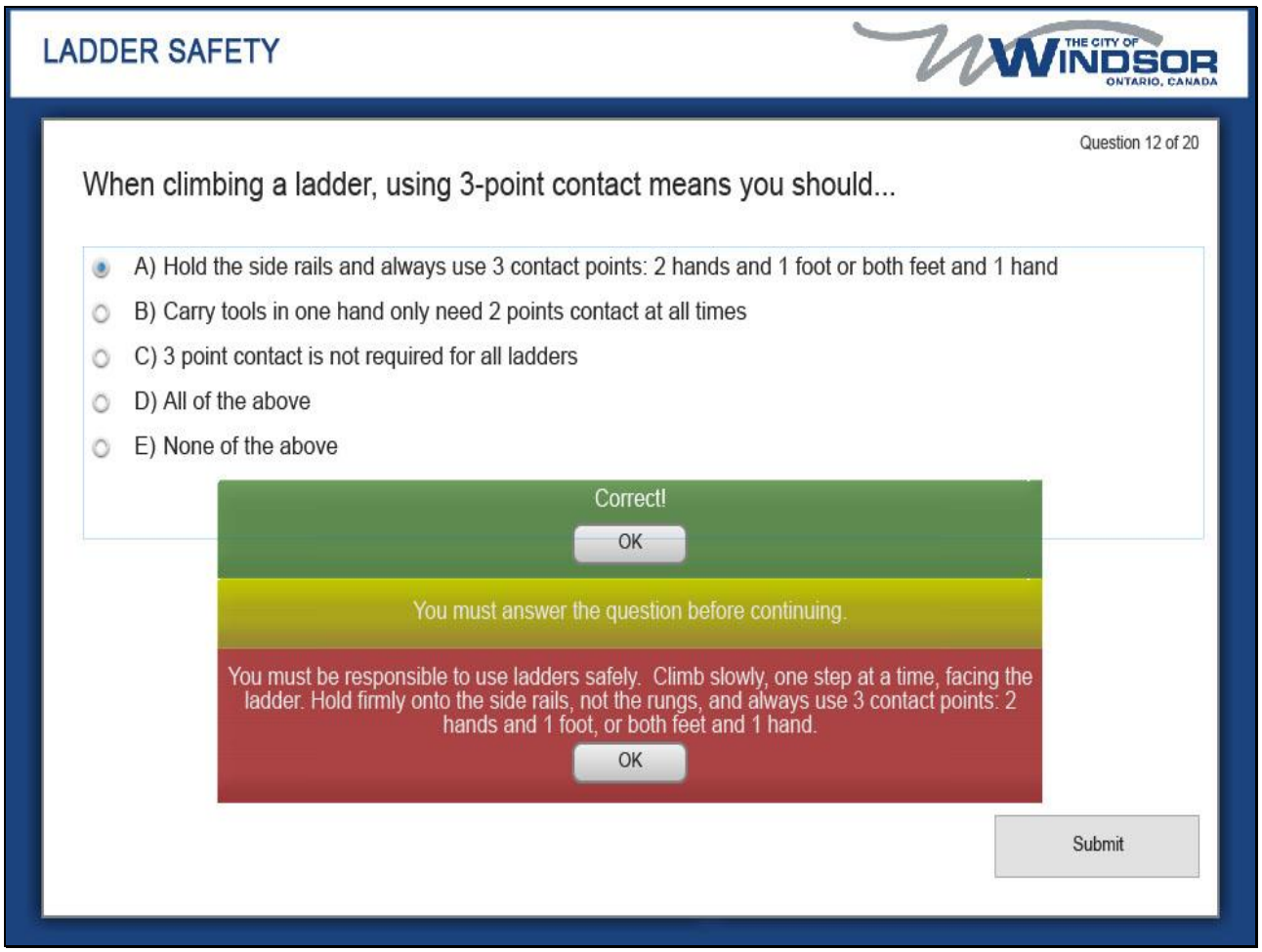
Slide 65 - Slide 65



Slide notes

When climbing up a ladder, always carry equipment or tools with one hand. Is this true, or false.

Slide 66 - Slide 66



Slide notes

When climbing a ladder, using three point contact means you should, Hold the side rails and always use three contact points, two hands and one foot, or both feet and one hand. Carry tools in one hand, you only need two points contact at all times. Three point contact is not required for all ladders. All of the above. None of the above.

Slide 67 - Slide 67

Slide notes

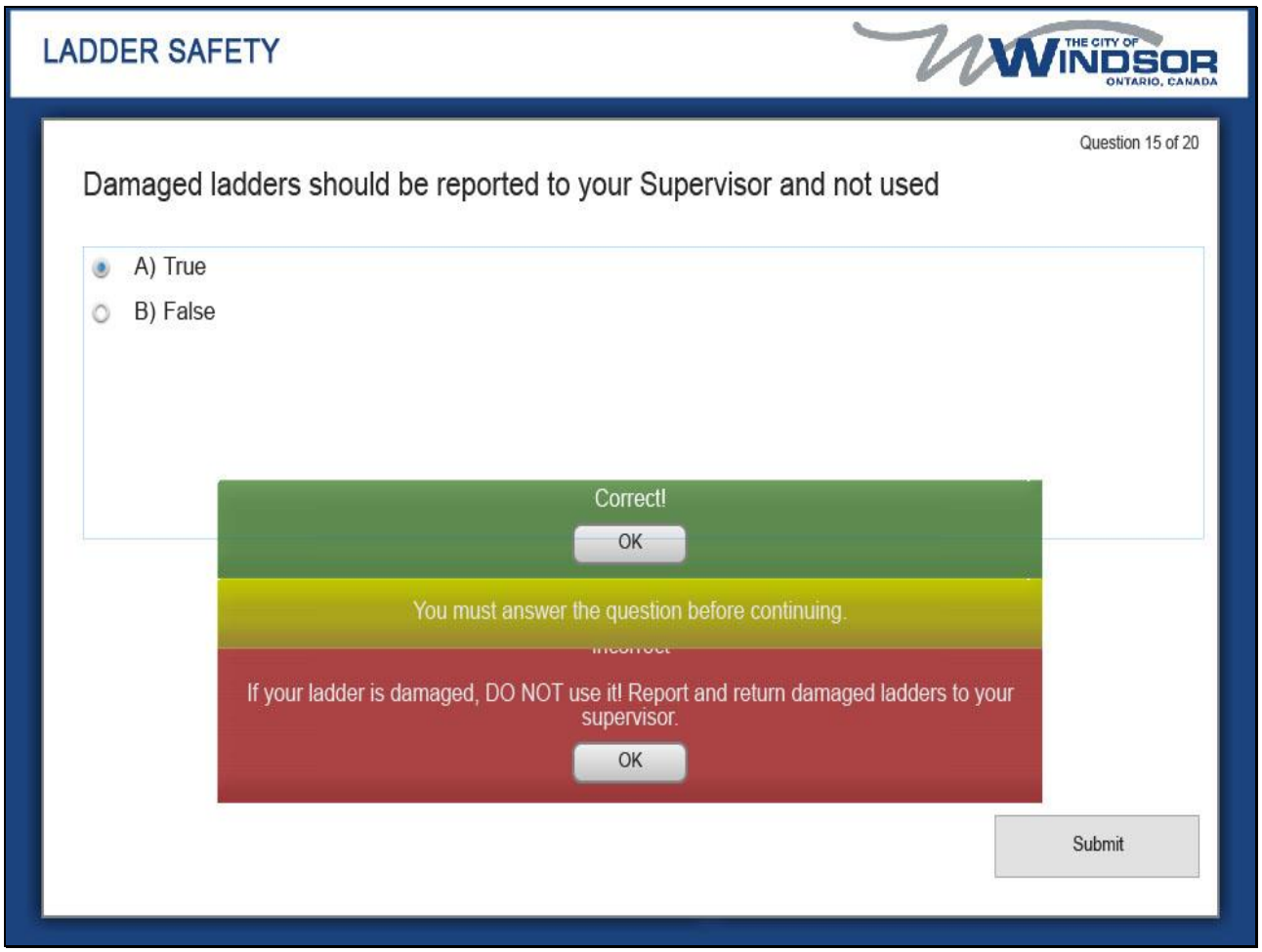
Ladders should never be braced or tied together. Is this true, or false.

Slide 68 - Slide 68

Slide notes

Ladder accidents can be caused by. Unsafe work surfaces and icy rungs. Insufficient ladder height and an unsecured top section of the ladder. High winds and or an unsecured top section of the ladder. Unsafe work surfaces and the angle of the ladder too steep or too flat. All of the above.

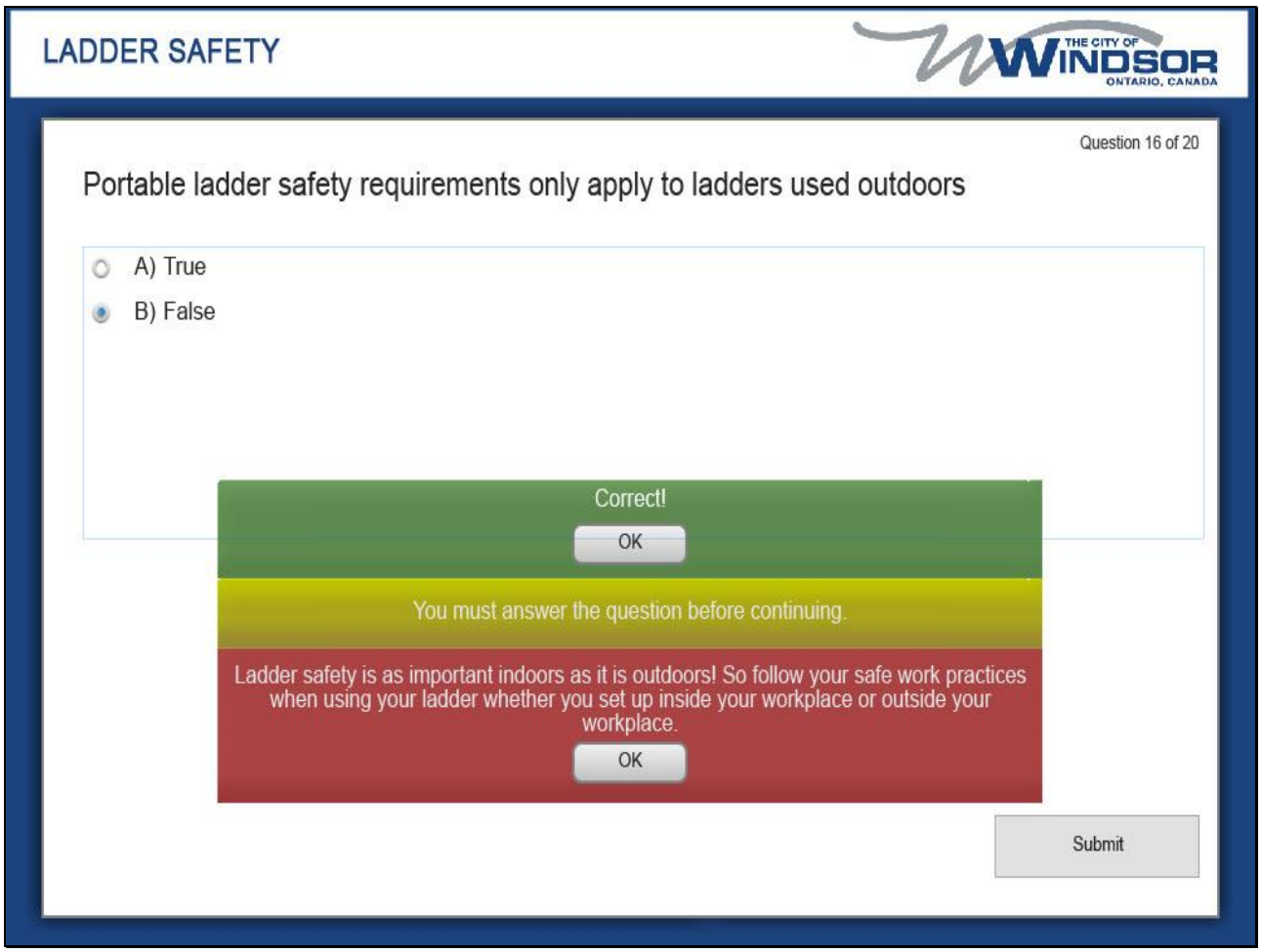
Slide 69 - Slide 69



Slide notes

Damaged ladders should be reported to your Supervisor and not used. Is this true, or false.

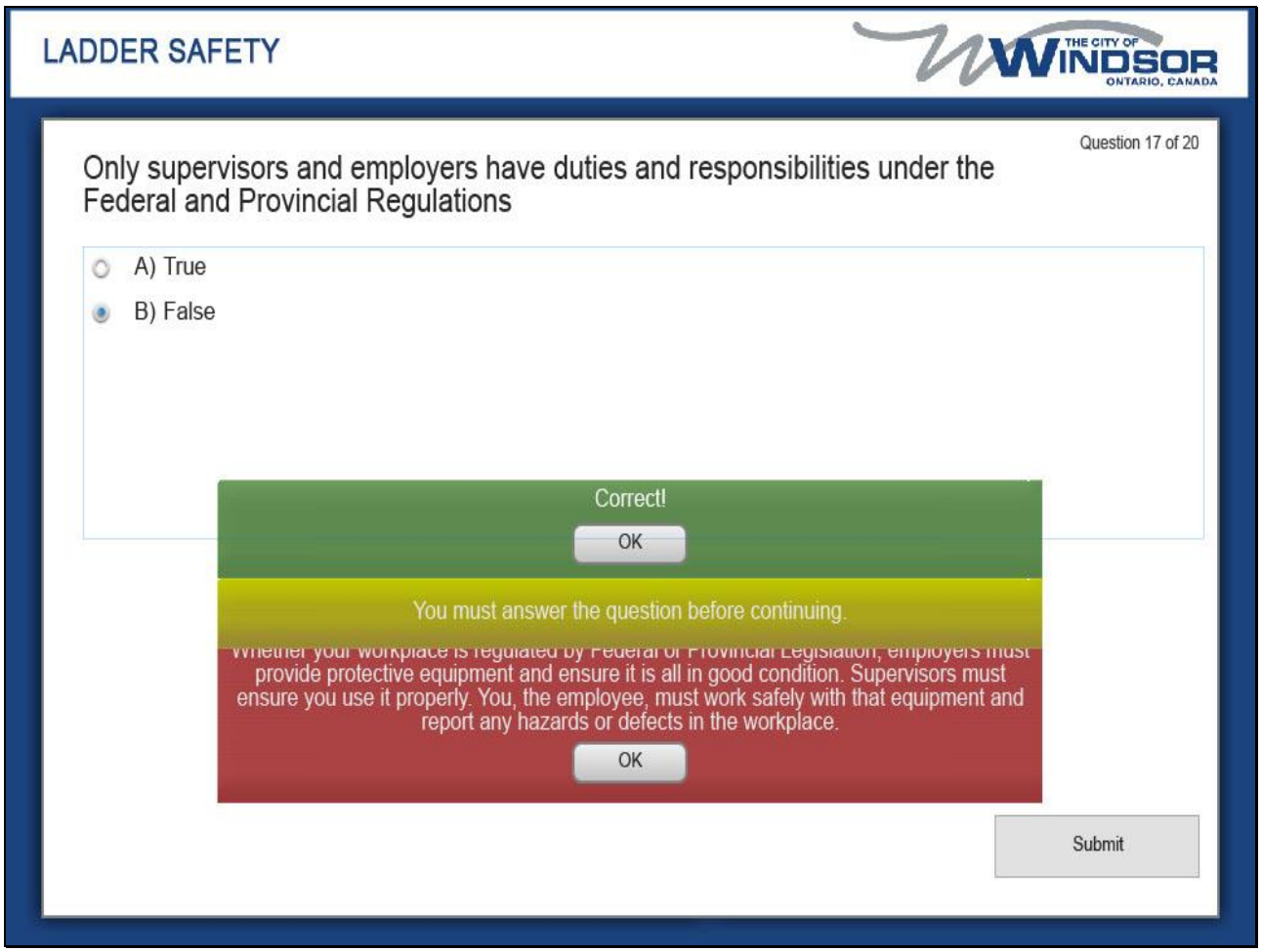
Slide 70 - Slide 70



Slide notes

Portable ladder safety requirements only apply to ladders used outdoors. Is this true, or false.

Slide 71 - Slide 71



Slide notes

Only Supervisors and employers have duties and responsibilities under the Federal and Provincial Regulations. Is this true, or false.

Slide 72 - Slide 72

Slide notes

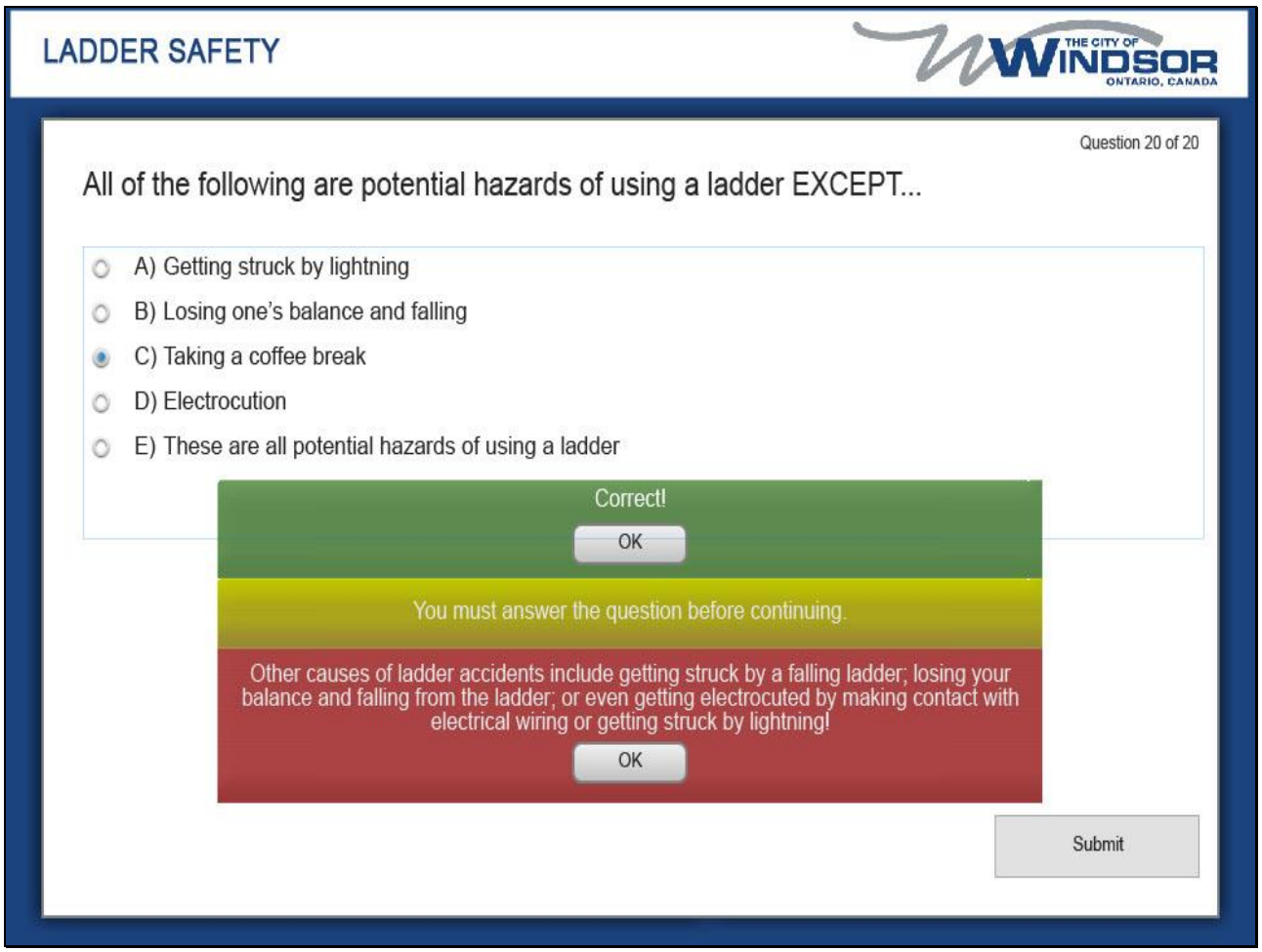
It is the supervisor's responsibility to inspect the ladder before you use it. Is this true, or false.

Slide 73 - Slide 73

Slide notes

Prior to using a ladder you should inspect. Non slip feet. Rungs. All nuts, bolts, rivets, or other fasteners. Hardware connections. All of the above.

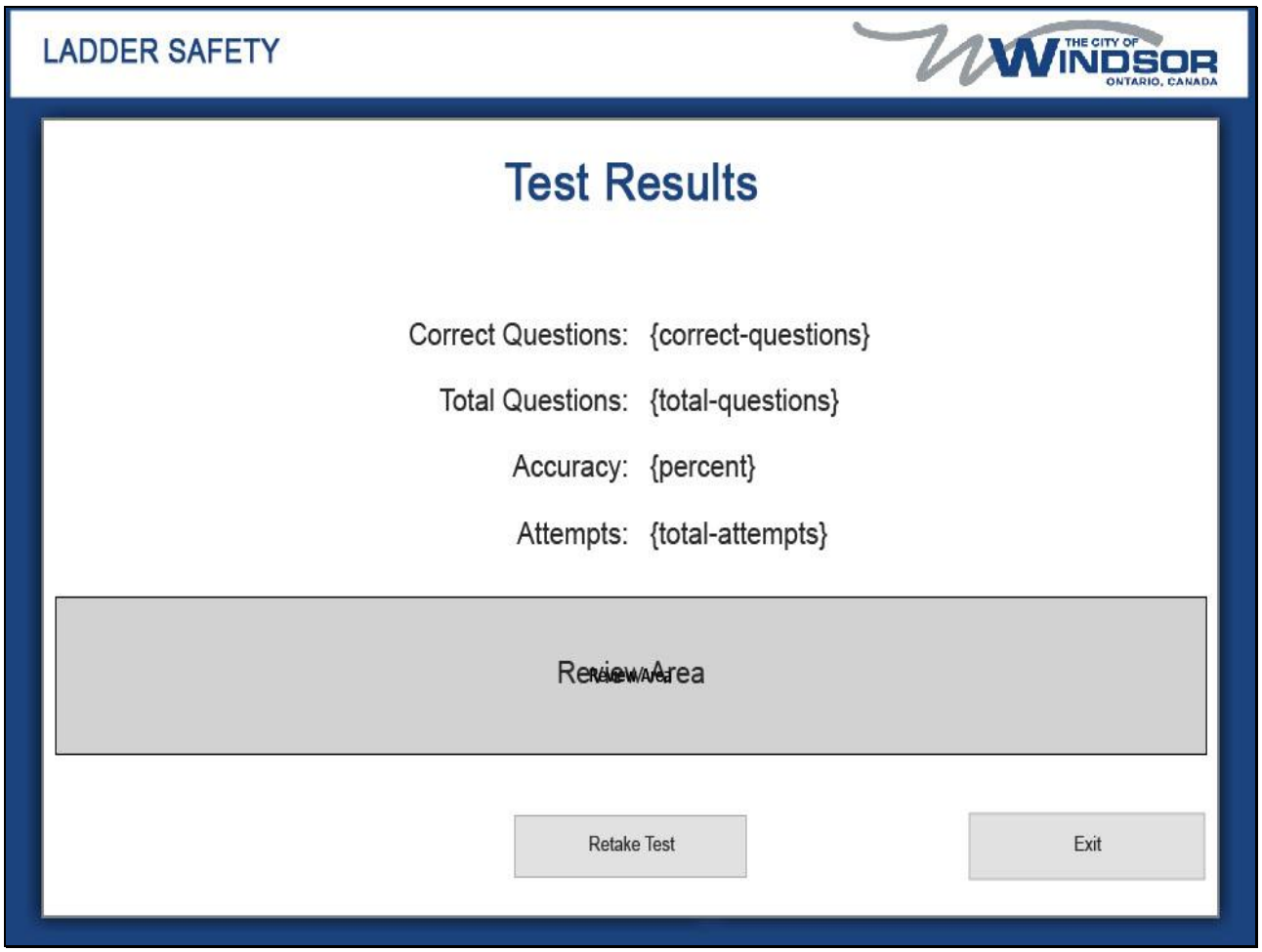
Slide 74 - Slide 74



Slide notes

All of the following are potential hazards of using a ladder except. Getting struck by lightning. Losing one's balance and falling. Taking a coffee break. Electrocution. These are all potential hazards of using a ladder.

Slide 75 - Slide 75



Slide notes

Slide 76 - Slide 76

Slide notes

Congratulations!

You have successfully completed this course on Ladder Safety.

Click exit to end the course.