

EMPLOYEE TRAINING RECORD		
TRAINING TITLE	Working with Fixed Ladders	
KEY TEACHING POINTS		
<ul style="list-style-type: none"> <li>• Maintain three point contact by keeping two hands and one foot, or two feet and one hand, on ladder at all times.</li> <li>• Wear footwear with heels and non-slip soles.</li> <li>• Check both the ladder and your feet for slippery materials such as mud, grease, oil and ice.</li> <li>• Face the ladder and use both hands to grip the rungs firmly.</li> <li>• Install free-fall safety devices if they are available.</li> <li>• Do not carry tools or materials by hand while climbing.</li> <li>• Do not race up or down a ladder.</li> <li>• Do not slide down a ladder.</li> <li>• Do not jump from a ladder.</li> </ul>		
TEST		
QUESTION	ANSWERS	
	TRUE	FALSE
1. Clean slippery boot soles before going up and down ladder.	<input type="checkbox"/>	<input type="checkbox"/>
2. Wear footwear with heels and non-slip soles.	<input type="checkbox"/>	<input type="checkbox"/>
3. Carry tools in one hand when going up and down ladder.	<input type="checkbox"/>	<input type="checkbox"/>
4. Use free-fall safety devices if they are available.	<input type="checkbox"/>	<input type="checkbox"/>
5. Grasp side rails when climbing a ladder.	<input type="checkbox"/>	<input type="checkbox"/>
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE

1. True 2. True 3. False 4. True 5. False
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