

TOOLBOX TALK, March 2nd, 2026

Training

There are no union trainings posted for Portland.

Check your records at [fsstools.com](https://www.fsstools.com) under the *Training Records* tab to see what you need.

When they're available, sign up for classes, at the union training site or check schedules at [fsstools.com](https://www.fsstools.com).

Ladder Safety

At FSS, our policy is “**Ladders Last**” — and there’s a good reason for it. Ladder incidents continue to rank among OSHA’s most cited violations in 2025. More than 80% of fall injuries treated in emergency rooms involve ladders. Falls from heights — often involving ladders — remain the leading cause of construction-related deaths, accounting for nearly 40% of fatalities.

That’s why we slow down, think it through, and look for safer options first.

2025 Ladder Safety Statistics

- **Accident Causes:** 43% of ladder accidents happen when a worker falls. Another 25% occur when ladders slip or tip, and 20% involve electrocution.
- **Common Violations:** Frequent issues include choosing the wrong ladder, setting it up improperly, or failing to maintain three points of contact.
- **Injury Impact:** In the U.S., about 2,000 ladder-related injuries happen every day — resulting in more than 130,000 emergency room visits annually.

Top Causes of Accidents

- **Improper Setup:** Nearly 40% of injuries occur when extension ladders slide out at the base.
- **Incorrect Usage:** Overreaching, carrying heavy materials while climbing, and using damaged ladders are major contributors. Always inspect the ladder you’re about to use — and never borrow a ladder from another trade.

How to Stay Safe

- **Find a Different Way:** Before grabbing a ladder, talk with your foreman and see if there’s a safer way to reach your work.
- **Maintain Three Points of Contact:** If you must use a ladder, always keep two hands and one foot — or two feet and one hand — on the ladder.
- **Follow the 4-to-1 Rule:** For extension ladders, place the base 1 foot away from the wall for every 4 feet of working height.
- **Extend 3 Feet Above the Roofline:** When accessing a roof, make sure the ladder extends at least 3 feet above the roof edge and is secured at both the base and the top.
- **Inspect Before You Climb:** Check for broken rungs, loose bolts, structural damage, and make sure all manufacturer labels are in place and legible, as required by OSHA.

If you can’t find another way and you end up using a ladder, take a few extra moments to set it up properly and inspect it carefully before starting your work. A careful setup and thorough inspection can make all the difference. At FSS, safety starts with clear intent — and safe follow-through

Remember the 20–20–20 Rule - Every 20 minutes - Take 20 seconds - To look 20 feet around you

Focus on your personal safety bubble.

STOP ● LOOK ● ACT

We want to hear about innovative ideas and safety wins. If you’ve come up with an innovation that saves time or improves safety, or if you’ve experienced a safety win in the field, let us know.

https://www.fsstools.com/suggestion_box.

[Toolbox Talk Submission](#)