

Ladder Safety

Basic Ladder Safety: Know the following:

<http://www.americanladderinstitute.org/?page=BasicLadderSafety>

1. What type of shoes are best when using ladders?
2. Why is it important to inspect a ladder before using it?
3. Why is knowing the duty rating for a ladder important?
4. How is the duty rating calculated?
5. What type of surface should a ladder be placed on?
6. What are the factors that contribute to falls?
7. Describe the Three-Points -of-Contact method for climbing a ladder?

Types of Ladders

<http://www.americanladderinstitute.org/?page=ChoosingaLadder>

1. What are the three types of materials used to make ladders?
2. Explain how the work environment is a factor in choosing ladder material?
3. Explain how length affects ladder choice?
4. Explain how to calculate Duty Rating?
5. What are the five categories of Ladder Duty Ratings?

Fire Extinguishers

<http://www.fire-extinguisher101.com>

1. Please write a description for each of the following classes of Fire Extinguishers: A, B, C, D, and K (Make sure to include the types of fires each is used for)
2. What are the most common types of fire extinguishers?

Workplace Safety

<http://arbill1.web11.hubspot.com/arbill-safety-blog/bid/182469/Top-10-Workplace->

1. What are the top 10 safety work place tips?

<http://www.squidoo.com/work-safety-tips>

2. Read over the top 80 Safety tips