

## LADDER SAFETY

There is absolutely no reason for anybody to get hurt, disabled, or killed while using a ladder. Yet it happens every single day. Somebody steps on the safety sticker that says "This is not a step!" and ends up with a broken leg. Another worker puts a rock under one of the legs because the ladder is "just not quite stable enough". On the way to the hospital, it occurs to the worker, through the pain of her broken arm, that maybe that was not such a good idea after all. On another job, a worker reaches out just a little bit too far and...well...he's no longer with us. Virtually every single ladder accident could and should have been prevented. It only takes a little bit of SAFETY SENSE to prevent an accident from occurring while using ladders. Stick to the following simple rules to ensure that you or your fellow workers are never injured while using a ladder.



### CHOOSE THE RIGHT LADDER!

Always select a ladder which is the correct length to safely reach the working height.

STEP LADDER	
Ladder Height	Ladder Reach
4'	8'
6'	10'
7'	11'
8'	12'
10'	14'
12'	16'
14'	18'
16'	20'

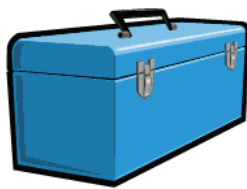
EXTENSION LADDER	
Ladder Height	Ladder Reach
16'	15'
20'	19'
24'	23'
28'	27'
32'	31'
36'	34'
40'	37'

### PLAN FOR THE RIGHT LADDER

I need to reach 20-feet, what extension ladder should I select? \_\_\_\_\_

I will be working above a drop ceiling that is 10-feet and the work is another 2-feet above the ceiling, what step ladder should I select? \_\_\_\_\_

Choose the right ladder answers: 1.) 24 ft or longer, 2.) 8ft or higher



## LADDER SAFETY

### CAPACITY

NEVER exceed the rating of the ladder. Always consider the combined weight of the user, their tools and materials.

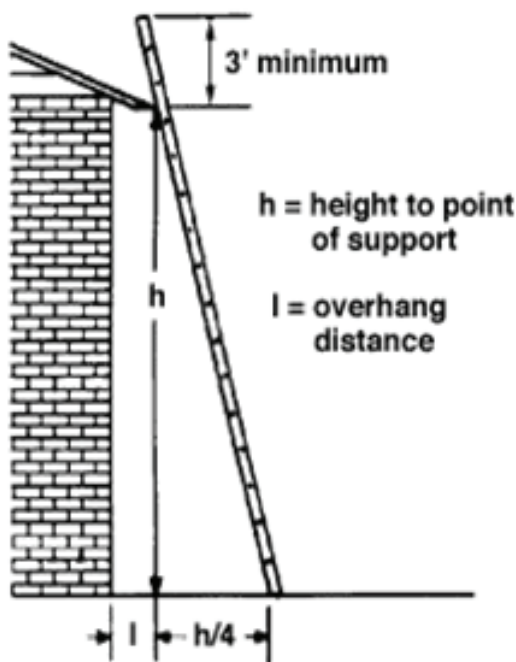


Type I-AA	375 lbs.
Type I-A	300 lbs.
Type I	250 lbs.

Do not use the types below for work environments:

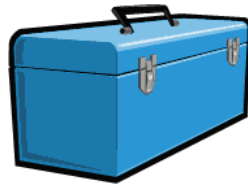
Type II	225 lbs.
Type III	200 lbs

### SETTING UP A LADDER SAFELY



Always inspect the ladder prior to using it

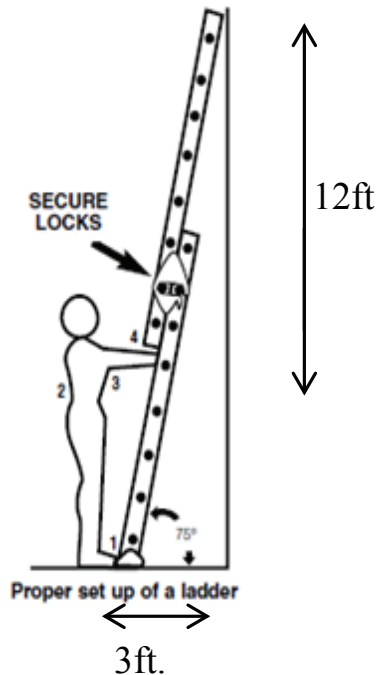




## LADDER SAFETY

### USE THE 1-4 RULE ON PLACING THE LADDER FROM THE WALL.

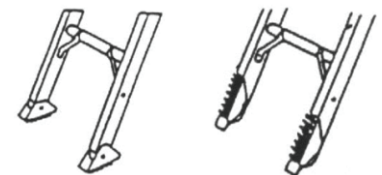
1. Place toes against bottom of ladder side rails.
2. Stand erect.
3. Extend arms straight out.



### TRAINING

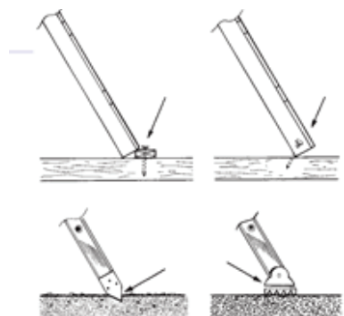
Employees must understand the hazards associated with ladder use, care and placement of a ladder. Training must be conducted by a competent person. Key items to be covered in the training include the following:

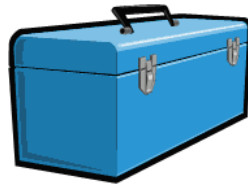
- Place ladder on stable level surface.
- Do not set up ladders on slippery surfaces.
- Use the correct feet on extension ladders; rubber feet for solid surfaces and spikes for soft surfaces.
- Do not set up ladders in doorways or where they can be displaced by workplace activities or traffic to prevent accidental movement.
- Face the ladder when ascending or descending.
- Do not carry items up or down a ladder.
- Ensure ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use cross-bracing on the rear section of stepladders for climbing.



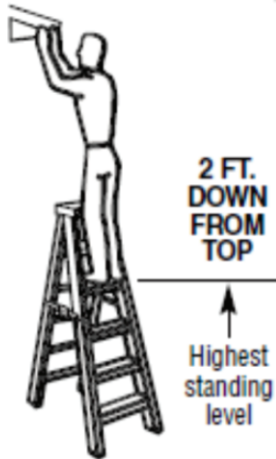
**Rubber**

**Spike**





## LADDER SAFETY



- Always use step ladders in the open position.
- Never stand on the top two steps of a step ladder.
- Do not place a ladder on boxes, barrels, or unstable bases.
- Never tie two ladders together to make them longer.
- Stay away from nearby overhead power lines.
- Never lean out beyond the ladder's side rails.
- Never use an extension ladder horizontally like a platform.

### ALWAYS USE THREE POINTS OF CONTACT WHEN USING A LADDER



#### Climbing a Ladder:

##### **1926.1053(b)(20)**

When ascending or descending a ladder, the user shall face the ladder.

##### **1926.1053(b)(21)**

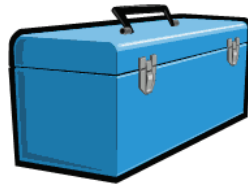
Each employee shall use at least one hand to grasp the ladder when progressing up and/or down the ladder.

##### **1926.1053(b)(22)**

An employee shall not carry any object or load that could cause the employee to lose balance and fall.

**NEVER OVERREACH! MOVE THE LADDER INSTEAD:** Breaking this one simple rule causes more accidents than you can possibly imagine.

**ACCESS:** All ladders used to gain access to upper levels must be tied off.



## LADDER SAFETY

### 1926.1053(b)(1)

When portable ladders are used for access to an upper landing surface, the ladder side rails shall extend at least 3 feet (.9 m) above the upper landing surface to which the ladder is used to gain access.

**TIE OFF THE LADDER:** Once you have climbed to your working height, tie-off the ladder.

### 1926.1053(b)(8)

Ladders placed in any location where they can be displaced by workplace activities or traffic, such as in passageways, doorways, or driveways, shall be secured to prevent accidental displacement, or a barricade shall be used to keep the activities or traffic away from the ladder.

**HOUSEKEEPING** is important for ladder safety. OSHA has 3 basic areas they look for housekeeping citations. These areas include ladders, scaffolding and around normal walking areas, such as saw tables.

### 1926.1053(b)(9)

The area around the top and bottom of ladders shall be kept clear.

Ensure employees understand what has been taught and retrain each employee as needed to ensure safe use and knowledge.