

# Ladder Safety

LADDERS WERE AMONG THE TOP 10 MOST FREQUENTLY CITED OSHA STANDARDS IN 2016

LADDERS ARE MAINLY DESIGNED TO PROVIDE ACCESS TO ELEVATED AREAS

INCORRECT LADDER USE CAN LEAD TO WORKER INJURIES AND FATALITIES

## BEFORE USE

- WORKERS MUST BE TRAINED BY A COMPETENT PERSON ON LADDER USE.
- LADDERS MUST BE INSPECTED BY A COMPETENT PERSON FOR VISIBLE DEFECTS ON A REGULAR BASIS AND AFTER ANY SITUATION THAT COULD AFFECT THEIR SAFE USE.
- WORKERS SHOULD ALSO INSPECT LADDERS BEFORE USING THEM.
- IF ANY DEFECTS ARE FOUND, THE LADDER MUST BE IMMEDIATELY MARKED DEFECTIVE OR TAGGED WITH "DO NOT USE" OR SIMILAR LANGUAGE.
- DO NOT LOAD LADDERS BEYOND THEIR MAXIMUM INTENDED LOAD OR MANUFACTURER'S RATED CAPACITY.

## LADDER SETUP

- ONLY USE LADDERS ON STABLE AND LEVEL SURFACES.
- DO NOT USE LADDERS ON SLIPPERY SURFACES OR UNSTABLE SURFACES, SUCH AS BOXES OR BARRELS.
- MAKE SURE THE LADDER IS AT LEAST 10 FT. AWAY FROM ANY POWERLINES; THE DISTANCE MAY NEED TO INCREASE DEPENDING ON THE LINE'S VOLTAGE.
- IF A LADDER IS BEING USED IN A HIGH ACTIVITY AREA, SECURE THE LADDER TO PREVENT MOVEMENT AND USE BARRIERS TO REDIRECT WORKERS AND EQUIPMENT.
- DO NOT USE LADDERS HORIZONTALLY LIKE A PLATFORM.
- KEEP AREAS CLEAR AROUND THE BOTTOM AND TOP OF LADDERS.

## PORTABLE LADDERS

- MUST EXTEND 3 FT. PAST AN UPPER LEVEL WHEN USED TO ACCESS A HIGHER WORKING PLATFORM.
- MUST MAINTAIN A 4:1 RATIO FROM THE BASE TO THE TOP SUPPORT.
- MUST REST AGAINST STURDY SUPPORT; CABLE TRAYS ARE NOT APPROPRIATE SUPPORTS.
- MUST NOT BE TIED OR FASTENED TOGETHER TO MAKE A LONGER SECTION UNLESS THEY ARE SPECIFICALLY DESIGNED TO BE USED THAT WAY.

## STEPLADDERS

- MUST HAVE METAL SPREADERS OR LOCKING DEVICES TO KEEP THE LADDER OPEN WHILE IN USE.
- MUST NOT BE USED AS A SINGLE LADDER WHILE FOLDED.

## WHEN CLIMBING A LADDER

- FACE THE LADDER WHEN MOVING UP OR DOWN AND STAY IN THE CENTER BETWEEN THE SIDERAILS.
- MAINTAIN THREE POINTS OF CONTACT WITH THE LADDER AT ALL TIMES.
- DO NOT CARRY TOOLS OR OTHER OBJECTS IN YOUR HANDS WHILE CLIMBING A LADDER; INSTEAD USE A TOOL BELT OR RAISE TOOLS USING A HAND LINE ONCE YOU REACH THE WORK PLATFORM.
- DO NOT MOVE, SHIFT, OR EXTEND LADDERS WHILE THEY ARE BEING USED.
- DO NOT USE THE TOP OR TOP STEP OF A STEPLADDER AS A STEP.