



# LADDER SAFETY

Today's Date: \_\_\_\_\_

Disclaimer: This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. However, it is to be used for reference purposes only and is not intended to cover all aspects of the topic presented.

Falls from portable ladders (step, straight, combination, and extension) are one of the leading causes of occupational fatalities and injuries. There must be a stairway or ladder at points of access where there is an elevation break of 19 inches or more.

Here are a few important reminders about ladder safety:

## Before You Climb:

- Make your ladder selection based on intended load and safe working height.
  - Ladders must be rated Type I, Type IA, or Type IAA
- Read all manufacturers labels for information about type, grade, duty rating (load capacity), and highest standing level. Ladders with missing or illegible labels shall be tagged and removed from service.
- Inspect your ladder for cracks, bent members, and loose or slippery rungs. Withdraw defective ladders from service until repaired.
- Wear shoes that have non-slip soles. Make sure they are free of mud, oil, or anything slippery.
- Use extra caution in windy weather.
- Secure ladders to prevent movement. Whenever possible, have someone hold the ladder.
- Position extension ladder at an angle where the horizontal distance from the top support to the foot of the ladder is 1/4 the working length of the ladder

## General Requirements:

- A competent person must train each employee to use a ladder safely.
- Face the ladder when going up or down.
- Do not carry any object or load that could cause you to lose your balance.
- Keep the area around the top and bottom of a ladder clear.
- Ensure rungs, cleats, and steps are level and uniformly spaced.
- Keep ladders free from slipping hazards.
- Use ladders only for their designated purpose.
- Do not use the top cap or top step of a stepladder as a step.

**Attended By:**