

Ladder Safety

Many injuries occur from improper use or set up of ladders at the job site. Injuries can be avoided if the proper ladder is used for the job; making sure it is safe and secure; and that the ladder is free of mechanical failures.

Ladder Selection.

Portable ladders are designed as one-person equipment with the proper strength to support the worker, tools, and materials. Ladders are constructed under three general classes.

Type I – *Industrial*: heavy-duty with a load capacity not more than 250 pounds.

Type II – *Commercial*: medium-duty with a load capacity not more than 225 pounds. (Suited for painting and similar tasks.)

Type III – *Household*: light-duty with a load capacity of 200 pounds.

Ladder Maintenance

All ladders: should have a **UL seal** from the Underwriter's Laboratory. Use only proper ladders in good condition. Make sure to get the right surface grade and load rating for your ladder. Visually inspect your ladder before each use. Never use a defective ladder. Tag or mark it so that it will be repaired or destroyed. Keep ladders clean and free from dirt and grease, which might conceal defects. Check carefully for cracks, rot, splinters, broken rungs, loose joints and bolts, and hardware in poor condition.

Wood ladders: should be protected with a clear sealer varnish, shellac, linseed oil or wood preservative. Never paint a ladder. The paint can conceal defects.

Aluminum or steel ladders: should be inspected for rough burrs and sharp edges before use. Inspect closely for loose joints and bolts, faulty welds and cracks. Replace worn or frayed ropes on extension ladders at once.

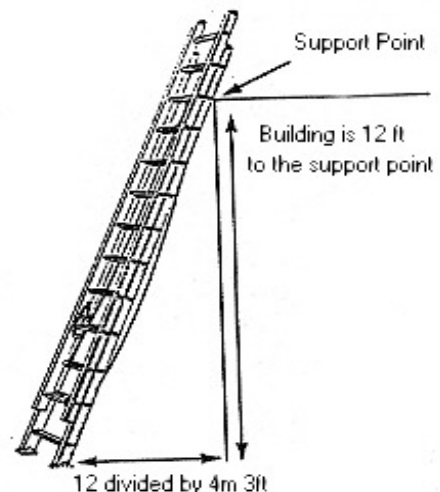
Ladder Usage

Use the one-to-four (1:4) ratio when using a ladder. To do this, place the ladder so its base is one foot away from what it leans against for every four feet in height to the point where the ladder rests.

Example: The ladder is positioned against a building that is 12ft high. The base or bottom of the ladder should be 3ft away from the building or object.

$$12\text{ft} / 4\text{ft} = 3\text{ft}$$

Never stand on the braces, extension arms or paint shelf. Never use a ladder in a horizontal position as a runaway or scaffold. If you set up a ladder or scaffold in front of a door, lock or bar the door.



Use ladders to reach parts of equipment you cannot reach from the ground. When getting down, step, don't jump, from ladders.

Care should be exercised anytime work is done with a ladder near electrical wires or connections. Use wood or fiberglass ladders if work must be done near electrical wires and use caution.

Never use an aluminum or metal ladder near power lines or electrical lines.

Take special care when ascending or descending a ladder. Hold on with both hands when going up or down. If material must be handled, raise or lower it with a rope. Always face the ladder when ascending or descending. Never slide down a ladder. Be sure that your shoes are not greasy, muddy or slippery before you climb. Do not climb higher than the third rung from the top on straight or extension ladders, or the second tread from the top of stepladders.

I have received, read, and understand all information given to me in this Ladder Safety training meeting. I understand that it is my responsibility to ensure the safety of myself and coworkers when working with Ladders. I understand it is my responsibility to use ladders properly and safely to ensure a safe work environment.

Signature: _____ **Date:** _____

Supervisor Signature: _____ **Date:** _____