



LADDER SAFETY

Each year, hospital emergency rooms treat some 100,000 victims of ladder accidents - as many as 40,000 individuals suffer disabling injuries and nearly 400 die. These accidents are usually the result of people cutting corners by using makeshift ladders to do the job.

As simple as ladders may seem, the Occupational Safety & Health Administration (OSHA) had to write a ladder standard to keep workers safe while using them. Despite their simple appearance, it is important for you to know what type of ladder to use for the job, how to set up the ladder properly, and how to use it safely.

TYPES OF LADDERS

Just as jobs and people are different, so are ladders. Most workers don't realize that factory-built ladders are classified by the weight that they are designed to hold. Ladder types include:

- Type IA holds up to 300 pounds
- Type I holds up to 250 pounds.
- Type II holds up to 200 pounds.
- Type III lightweight, holds up to 200 pounds.

Be sure to use a ladder that is strong enough to support your weight plus your tools and clothing.

Also, the material the ladder is made of should be taken into consideration. It is recommended that metal ladders not be used around energized electrical circuits or equipment, or in places where they may come in contact with such circuits. If the ladder is fiberglass, avoid extreme heat; if it is wood, never paint it, since painting can hide serious defects.

LADDER SET-UP

Before using any ladder, you should inspect it for defects, such as rust, dents, missing parts (rungs, feet, etc.), or damaged or cracked side rails. You should never use a defective ladder. Next, make sure your shoes are free of mud, grease, oil, or other matter that could cause you to slip and fall.

Before you climb a ladder, it should be well braced (no loose nuts or rivets). The ladder was engineered to always be fully extended when in use. The legs should be well planted on a solid, level base with all feet firmly touching the surface. Failure to have all feet planted may cause the ladder to rock and twist as you climb higher, resulting in your slipping and falling. Stepladders should have slip resistant feet. They should also be used in a fully opened position only, with spreaders extended and locked.

Always choose a ladder with side rails long enough to extend at least 3 feet above the floor, deck platform, or landing area that it serves. Allow for a 1 to 4 lean angle (that's 1 foot out for each 4 feet of height) and always secure the ladder to prevent any possibility of displacement.

When ascending or descending, face the ladder and grasp the side rails using both hands. Trying to climb a ladder in any other position tremendously increases your chances for an accident.

SAFE USE

You should follow these safety rules when working with ladders:

1. When working from a ladder, avoid reaching too far (overextending).
2. Never use a ladder in a horizontal position as a platform, runway, or scaffold.



WEEKLY SAFETY MEETING

Company Name: _____ Date: _____

LADDER SAFETY (CONTINUED)

- 3. Keep areas at the top and bottom of ladders clear of tripping hazards.
- 4. Use a hand line to raise or lower tools and materials.
- 5. Never stand on the top two steps or top platform of a step ladder.
- 6. Plan your work for the fewest possible trips up and down the ladder.
- 7. Carry tools in a pouch, not in your hands.
- 8. Always limit ladder use to one person at a time.
- 9. Report defective ladders to your supervisor. Never use a defective ladder.
- 10. When in storage, protect the ladder from the elements.

Employee Safety Recommendations: _____

Meeting Attended by:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Supervisor's Signature: _____

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