

Location: \_\_\_\_\_ Instructor: \_\_\_\_\_ Date/Time: \_\_\_\_\_

## TOPIC C008: LADDER SAFETY

**Introduction:** In our profession, we use ladders at the jobsite almost every day. Although ladders seem simple enough to use, unsafe ladder practices can lead to serious injuries. Falls are the primary hazard involving ladder use, and the most common cause of injury.

### **Know Your Hazards:**

The main reasons people fall from ladders include:

- Ladder failure from overloading or damage to the ladder
- Slipping or losing your balance while climbing
- Over-reaching while working on top of a ladder
- Weather conditions that can affect safety when ladders are used outside
- Slippery substances such as grease or oil on rungs
- Improper set-up of a ladder that can cause it to shift
- Unprotected ladders that are set up in doorways or high traffic zones
- Falling objects when trying to carry tools or material up a ladder

### **Regulatory Hazard Mitigation:**

Follow these guidelines and regulations when working with ladders:

- Always inspect a ladder for damage or defects before use. If the ladder is faulty or defective, tag the ladder and remove it from service. No tagged ladders can be used until repairs are made
- Use only ladders meeting the length and load limit requirements for the job
- Never use metal ladders near electrical lines, equipment, or switch gear. Don't use a metal ladder when performing electric arc welding
- Always set up ladders on stable solid surfaces. Never place ladders on boxes, blocks or crates to extend your reach
- Never stand on the 4 top rungs of a straight or extension ladder, or on the top 2 steps of a stepladder
- Hoist tools and other material up after reaching the top of the ladder. Using tool belts helps to manage tools while working from a ladder
- Never over-reach while working from a ladder. Climb down and re-position ladder as needed to stay close to work
- Ensure rungs or steps on metal ladders are treated to prevent slipping. Treatment may include being corrugated, dimpled, knurled or coated with non-skid, slip-resistant material
- Ladder side rails must extend 3 feet above the top landing. If this can't be done due to the ladder's length, then tie off the ladder at the top to a non-moveable support, and ensure grab rails are installed for access
- Never tie different ladders together to make them longer unless they are designed for that purpose
- Don't shift, reposition or extend a ladder while it's being used
- When traveling up or down ladders, always observe safe ladder techniques:
  - Always face the ladder
  - Use a three-point climbing technique - with both feet and one hand, or both hands and one foot in contact with the ladder at all times
  - Never carry loads or objects that could cause you to lose your balance and fall

**Employee Attendance:** (Names or signatures of personnel who are attending this meeting)

---

---

---

---

---

These guidelines do not supersede local, state or federal regulations, and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.

© Safety Services Company June – 19-This document may not be reproduced in any way without the express permission of Safety Services Company.