



Company Name: _____ Job Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Topic 8: Ladder Safety

Introduction: Ladders are an important and versatile piece of equipment commonly seen around most jobsites. Ladders come in many different types such as straight ladders, extension ladders, fixed ladders, frame ladders, job built ladders, and step ladders. Although ladder use seems simple enough to use, unsafe ladder practices can lead to serious injury. Falls are the primary hazard associated with ladder use.



A few reasons:

Meets OSHA safety training documentation requirements

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- Falls from ladders or high traffic areas causing a fall.
- Electrocution while climbing or by over-reaching while working on top of a ladder.
- If a ladder is not set up properly, it can shift, causing the person on the ladder to fall.



- Failure to use proper ladder techniques.
- Slipping on rungs or steps.
- Thermal expansion/contraction from weather.
- Weather conditions affecting ladders used outside.

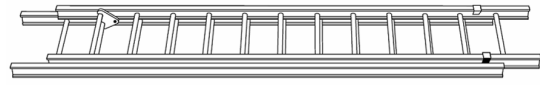
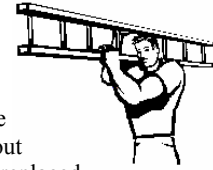
Virtually all ladder injuries can be avoided if employees are properly trained in the safe use of ladders.

For safe ladder use observe these guidelines and regulations:

- Always inspect any ladder for damage or defect prior to use. Inspect for broken or missing rungs or steps, broken or split side rails, defective or missing safety feet, corrosion, securely fitting components between steps and side rails, rungs that are free of grease and oil, and no splinters or sharp points that may snag clothing. Check that moving parts operate freely without binding or excessive play, wheels or pulleys are properly lubricated, and any frayed or worn ropes on extension ladders are replaced.
- If upon inspection, faulty or damaged components are discovered, the ladder must be immediately tagged and removed from service. The ladder may be repaired if repairs equal to original manufacturer's specifications are made.
- Use only ladders meeting the requirements of the given application.
- Never use metal ladders for electric arc welding. Electric Arc welding must not be done from a metal ladder.
- Always set up a ladder on a level surface. Do not use boxes, blocks, or crates to extend reach.
- Never stand on the 4 top rungs of an extension ladder or on the top 2 steps of a step ladder.
- Hoist tools and other material up and down the ladder. Use of tool belts helps to manage tools while working from a ladder.
- Always observe the 3 – point rule when ascending or descending a ladder: keep 2 hands and 1 foot, or 1 hand and 2 feet in position at all times.
- Never over-reach while working from a ladder. Work with your body within the ladder's side rails. Descend and reposition ladder as needed to stay close to work.
- Rungs or steps on metal ladders must be treated to prevent slipping. Treatment may include being corrugated, dimpled, knurled, or coated with non-skid, slip-resistant material.
- Ladder side rails must extend at least 3 feet above the top landing. If this is not feasible due to the ladder's length, then the ladder must be extended to a non-moveable support and grab rails must be provided for access.
- Never tie or secure ladders together unless specifically designed for this purpose.
- Extension ladders must be opened and set up on a level surface, with the base one foot out from the wall for every four feet of height. Extension ladders must be opened and set up on a level surface, with the base one foot out from the wall for every four feet of height. Extension ladders must be opened and set up on a level surface, with the base one foot out from the wall for every four feet of height.
- When traveling up or down a ladder, observe safe ladder techniques. Always face the ladder, use the three point contact (one foot and two hands or two feet and one hand), and never carry loads or objects that could cause you to lose your balance and fall.

Each topic covers important OSHA safety regulations to help you stay in compliance

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Conclusion: OSHA regulation requires specific ladder safety training. Employees who use ladders must be taught to recognize hazards relating to ladder use. Employees must understand the proper construction, appropriate selection, load limits, placement, care, and other restrictions in ladder handling. All employees must also understand OSHA requirements and be retrained as necessary to maintain their understanding of safe ladder practices. Follow these guidelines for safe ladder use.

Work Site Review

2-Part NCR forms for easy recordkeeping

Work-Site Hazards and Safety Suggestions: _____

Personnel Safety Violations: _____

Material Safety Data Sheets Reviewed: _____ (Name of Chemical)

Employee Signatures: _____
 (My signature attests and verifies my understanding of and agreement to comply with, and to follow, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)

Verification of employee attendance and disclaimer of injuries

Foreman/Supervisor's Signature: _____

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.