

Ladder Safety

- ☛ Before setting up a ladder, inspect it for defects.
 - Make sure the latches on extension ladders are secured before climbing.
 - Never use a ladder with split or missing rungs.
 - Never use a ladder with grease, oil, or any other slippery substance on the rungs or rails.
 - Defective ladders that cannot be repaired on the spot must be tagged and removed.
 - Make sure the ladder feet move freely and are slip-resistant.

☛ The ladder should extend three feet over the top of the building and be secured.

- If the ladder is not tall enough to extend three feet over then it must be tied off, and there must be a secure grab rail.

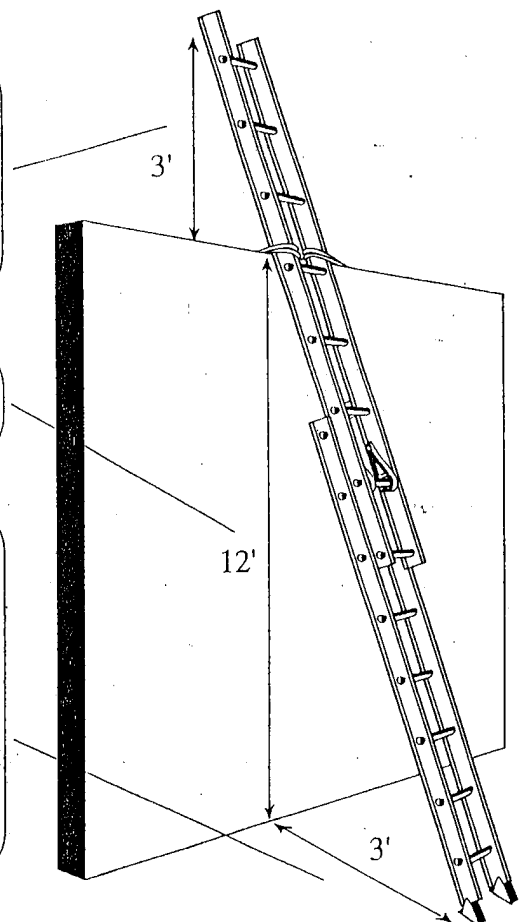
☛ For every four feet of building height, the base of the ladder should be set one foot away from the building.

☛ Set the ladder on firm ground and make sure that it is secure.

- Concrete or compact soil are ideal surfaces.
- Avoid unstable rocks, loose sand, mud, and ice.
- If the ladder does not have slip-resistant feet, dig a small trench and place the base of the ladder in the trench to keep it from slipping.

☛ Follow safe work practices for climbing and carrying ladders.

- Keep at least one hand on the ladder at all times when climbing up or down.
- Face the ladder when climbing in either direction.
- Keep ladders, especially metal ones, away from overhead power lines.
- Get help when moving heavy ladders.



Ladder Safety Training Tips

- Emphasize the danger of a mistake as simple as accidentally hitting a power line with a metal ladder. Explain that electricity will cause muscles to contract so that the employee cannot let go of the ladder; and also explain that no one can help him or her because helpers will get electrocuted as well. This is often a fatal accident.
- Show a damaged ladder if you have one in the yard and explain why it is dangerous to use.
- Point to different types of soil conditions on the ground and ask the group if the locations are safe for setting up a ladder.
- Have a ladder available and demonstrate how to set it up.