

STAY SAFE WITH SOCIETY

LADDER SAFETY

Most ladder accidents are the result of inattentiveness, lack of awareness, or improper ladder usage, making a well-designed and instructive ladder safety program worth the effort.

As a first step, select the proper ladder for the job. This includes the proper height, length, and construction, as well as inspection, setup, use, climbing, standing, care, and storage. In addition to the general safety rules, each type of ladder (extension, step, straight, rolling, fiberglass, etc.) has its own set of rules for use.

This combination of safe equipment and safe use can eliminate most ladder accidents.

Checklist:

- Maintain ladders free of oil, grease, and other slipping hazards.
- Use stable and level surfaces or secure the ladder to prevent accidental movement.
- Keep ladders away from slippery surfaces unless secured or provided with slip-resistant feet to prevent accidental movement.
- Secure ladders when they are placed in a location where they can be struck by workplace activities or traffic. (Also use a barricade to keep traffic or activity away from the ladder.)
- Keep areas around the top and bottom of ladders clear.
- Do not move, shift or extend ladders while in use.
- Equip ladders exposed to energized electrical equipment with non-conductive side rails.
- Workers face the ladder when moving up or down.
- Maintain three points of contact at all times when on a ladder.
- Do not carry objects or loads up or down the ladder that could cause loss of balance and/or falling.
- Never use the top two steps of a stepladder.
- Extend extension ladders so that the top of the ladder is three feet above the access platform.
- Secure all extension ladders to help prevent movement.



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A Small Detail
That Can Make a
Big Difference.

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This information is advisory, and it must not be assumed that it has detected all unsafe acts or conditions. This information is designed to assist you in recognizing potential safe work problems and not to establish compliance with any law, rule or regulation.

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