

6 - Ladders: Safety Training

EH&S – MGA

Goals: This safety session should teach you to:

- A. Understand how to choose, inspect, and use ladders correctly.

OSHA Regulations: 29 CFR 1910.25-.27

1. Proper Ladder Selection, Inspection, and Use Can Prevent Falls and Injuries

- A. OSHA standards cover ladder design as well as requirements for:
 - 1. Inspecting ladders and removing unsafe ladders from use
 - 2. Safe ways to climb and work on ladders

2. Select the Right Ladder for the Job

- A. Use a ladder, not a chair or box, to reach heights. The ladder should be:
 - 1. Tall enough to reach the height you need
 - 2. Rated to handle the combined weight of you and your equipment.
 - a. Ladders are rated I-A (holds 300 pounds); I (250 pounds); II (225 pounds); III (200 pounds. Not usually used on the job).
 - 3. Safe for the conditions.
 - a. Don't use metal ladders around electricity, because metal is a conductor.

3. Inspect Every Ladder Before Using It

- A. Don't use a ladder that has any missing or broken parts.
 - 1. Tag it as defective and remove it from service.
 - 2. Don't try to fix a ladder yourself.
- B. A ladder should have:
 - 1. No missing parts
 - 2. Firmly attached slip-resistant steps, rungs, or cleats free of grease or oil
 - 3. Tight support braces, bolts, screws, and spreaders
 - 4. Lubricated metal parts
 - 5. Safety feet.
 - 6. Rope in good condition (not worn or frayed)
 - 7. No splinters or sharp edges
 - 8. No dents or bent parts in metal ladders

4. Set Up a Ladder Firmly and Properly

- A. Place it on level floor or ground, with feet parallel to the surface it rests against.
- B. Place the ladder on wide boards if the ground is soft or broken.
- C. Extend the ladder at least three feet above the top support.
- D. Don't rest it on a window or window sash or in front of an unlocked door.
- E. Anchor the top. Tie the bottom or have someone hold it.
- F. The distance from the ladder's base to the wall should equal one-fourth the ladder's length

5. Climb and Work on Ladders Safely

- A. Wear shoes with clean, nonskid, non-leather soles.
- B. Allow only one person at a time on a ladder.
- C. Climb up and down facing the ladder and holding both side rails.
- D. Carry tools on a belt or rope or hoist.
- E. Work with one hand on the ladder.
- F. Don't stand on the top two stepladder steps or top four ladder rungs.
- G. Move slowly and cautiously on a ladder.
- H. Don't move a ladder while you're on it.
- I. Center your body on the ladder so your belt buckle is between the side rails.

6. Carry and Store Ladders Properly

- A. Carry a ladder with another person when possible.
 - 1. If you must carry alone, balance the center on your shoulder. Keep the front end above your head and the back end near the ground.
- B. Store ladders in a dry, ventilated area kept at a moderate temperature.
- C. Store ladders standing up, if possible.
 - 1. If they must lie down, support both ends and the middle to prevent sagging or warping.
- D. Don't keep anything on a stored ladder, or the ladder will warp.

Summation: Attention to Ladder Safety Prevents Injuries

Take the time to choose, inspect, and use a ladder safely.