

Ladder Safety Field Training

We have few opportunities to work with ladders but when we do it is important to know the rules. OSHA requirements note that anyone using a ladder must have been trained to use a ladder.

- a. All ladders must be a type, size and quality that meet OSHA regulations and ANSI standards.
- b. All damaged or defective ladders must be removed from the job site or tagged (DO NOT USE). This must be done immediately when you see the ladder is damaged.
- c. All ladders must be inspected just before you use it. You will check to see if it has a load limit noted, manufacturer information tag/sticker, no damage to any part, and is solid and strong. If any of these items are defective or if the manufacturer sticker is not visible, the ladder must be tagged (DO NOT USE).
- d. When placing a (non-folding) ladder against something, make sure you are placing it on solid ground or a solid surface. It must be stable for you to climb.
- e. Ladders should extend 3 feet above the level you will exit the ladder onto.
- f. Ladders must be made secure. Tie them off so they don't fall or slide.
- g. Ladders should be placed in an area where it will not be struck by equipment, vehicles, or people walking in the area.
- h. If you are climbing an unsecured ladder, you must have someone hold the ladder while you are on it. That person must stay holding the ladder until it has been secured.
- i. Anytime you are climbing a ladder you must face the ladder. Never climb up or down a ladder with your back to the ladder.
- j. Always use 3 points of contact when climbing. You should never carry anything while climbing a ladder. You should tie a line to what ever the item is and pull it up after you climb the ladder.

- k. Ladders should be set at an angle of 4:1. For every 4-foot tall the ladder should be 1 foot out at the base. In other words, if you have an extension ladder set up that is 12 foot tall, it should be 3 foot out from the wall at the bottom.
- l. Never exceed the load limit of a ladder. Look at the sticker to make sure you and your tools do not exceed the limit.
- m. Never set up a ladder where trash, materials or other debris are at the bottom. This can cause a ladder to slip, or you could trip and fall after descending the ladder.
- n. Extension ladders can never be taken apart and used. They are only designed to be used as a unit.
- o. Folding ladders cannot be used by leaning them against something. They are designed to be used unfolded and not used in any other way.
- p. You can not stand on the top or the top step of a ladder.
- q. You can not climb on both sides of a folding ladder. Only the side with the full-size steps can be used.
- r. Job-built ladders are allowed by OSHA, but they must meet the required standards.
 - a. Steps or rungs are to be corrugated, knurled, dimpled, or coated to be nonslip.
 - b. Steps must be at least 10 inches and not more than 14 inches apart.
 - c. Steps must be level, parallel and evenly spaced.
 - d. Material can be wood or metal as long as it can handle the proposed load.
- s. Never paint a ladder. You must be able to see any crack or defect in the ladder. Paint could cover any defects up.