



BRIEFING

LADDER SAFETY

The chief hazard when using a ladder is falling. A poorly designed, maintained, or improperly used ladder may collapse under the load placed upon it and cause the employee to fall.

DISPLAY AND DEMONSTRATE TYPES OF LADDERS USED IN THE WORKPLACE

Non-self-supporting and self-supporting portable ladders must support at least four times the maximum intended load; extra heavy-duty type 1A metal or plastic ladders must sustain 3.3 times the maximum intended load. The ability of a self-supporting ladder to sustain loads must be determined by applying the load to the ladder in a downward vertical direction. The ability of a non-self-supporting ladder to sustain loads must be determined by applying the load in a downward vertical direction when the ladder is placed at a horizontal angle of 75.5 degrees. The minimum clear distance between side rails for all portable ladders must be 11.5 inches (29 cm). The rungs and steps of portable metal ladders must be corrugated, knurled, dimpled, coated with skid-resistant material, or treated to minimize slipping.

BASIC LADDER SAFETY RULES

- Never use boxes, chairs, or a substitute method for a ladder
- Avoid electrical hazards - look for overhead power lines and avoid using metal ladder
- Always inspect a ladder prior to using it
- Maintain a 3-point contact (two hands/one foot - two feet/one hand)
- Keep ladder free of slippery material on the rungs, steps, or feet
- Maintain 4 to 1 angle for straight or extension ladder
- Extend ladder 3 feet above support point
- Do not use a self-supporting ladder (step ladder) as a single ladder or partially closed
- Keep traffic away from the ladder
- Do not exceed the maximum load rating for any ladder
- Never place a ladder on boxes, table or other unstable base for additional height



