

LADDER SAFETY

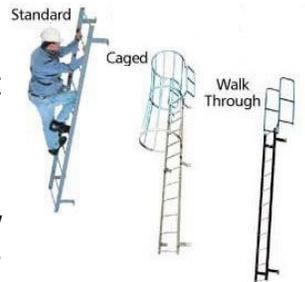
Falls from ladders account for 20 percent of all fatal and lost work-day injuries in general industry.

<https://www.osha.gov/Publications/OSHA3903>

Ladder Safety Requirements

In general, ladders must be capable of supporting their maximum intended load, while mobile ladder stands and platforms must be capable of supporting four times their maximum intended load. Each ladder must be inspected before initial use in a work shift to identify defects that could cause injury.

Fixed Ladders – Fixed ladders are permanently attached to a structure, building, or equipment. These include individual-rung ladders, but not ship stairs, step bolts, or manhole steps. The new rule phases in a requirement for employers to have ladder safety or personal fall arrest systems for fixed ladders that extend more than 24 feet, and phases out the use of cages or wells for fall protection under the following timeline: Starting in two years, all new fixed ladders and replacement ladder/ladder sections must have a ladder safety or personal fall protection system. For existing ladders, within two years, employers must install a cage, well, ladder safety system, or personal fall arrest system on fixed ladders that do not have any fall protection. Within 20 years, all ladders extending more than 24 feet must have a ladder safety or personal fall arrest system.



Portable Ladder Categories

<p>TYPE: I LOAD CAPACITY: RELATED USE: 250 POUNDS HEAVY DUTY INDUSTRIAL USE</p>	<p>TYPE: IAA 375 POUNDS SPECIAL DUTY PROFESSIONAL USE</p>	<p>TYPE: IA 300 POUNDS EXTRA HEAVY DUTY INDUSTRIAL USE</p>
<p>TYPE: II 225 POUNDS MEDIUM DUTY COMMERCIAL USE</p>	<p>TYPE: III 200 POUNDS LIGHT DUTY HOUSEHOLD USE</p>	

Portable Ladders – Portable ladders usually consist of side rails joined at intervals by steps, rungs, or cleats. They can be self-supporting or lean against a supporting structure. The final rule will be easier for employers and workers to understand and follow because it uses flexible performance-based language instead of detailed specification and design requirements. Under the revisions, employers must ensure that: rungs and steps are slip resistant; portable ladders used on slippery surfaces are secured and stabilized; portable ladders are not moved, shifted, or extended while a worker is on them; top steps and caps of stepladders are not used as steps; ladders are not fastened together to provide added length unless designed for such use; and ladders are not placed on boxes, barrels, or other unstable bases to obtain added height.

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BE CAREFUL



**ALWAYS FACE LADDER WHEN CLIMBING OR DESCENDING
NEVER USE THE TOP OF THE LADDER AS A STEP
ALWAYS HOLD THE LADDER WITH AT LEAST ONE HAND
DO NOT CARRY LOADS THAT MIGHT MAKE YOU LOSE YOUR BALANCE
NEVER MOVE OR EXTEND A LADDER WHEN SOMEONE IS ON IT**



Common Ladder Safety Rules

<p>Maintain a ¾ Ratio</p>	<p>Don't Carry Tools and Equipment While Climbing</p>	<p>Maintain 3 Points of Contact</p>
<p>Don't Use the top Step of the Ladder</p>	<p>Prevent Passersby From Going under the Ladder</p>	<p>Don't Use Damaged Ladders. Inspect for Damage</p>
<p>Secure the Base of the Ladder</p>	<p>Don't Place on Uneven Unstable Ground</p>	<p>Wear Proper Footwear</p>
<p>Don't Use Near Doorways. Lock the Door if Necessary. Beware locking exit routes!</p>	<p>Secure the Top of the Ladder</p>	<p>Don't Lean Away from the Ladder. Stay Centered Between the Rails</p>