

# LADDER SAFETY

## How to Identify a Ladder



When selecting a ladder, know the type of job you will be performing.

Evaluate the worksite environment and select the proper ladder type.

Selecting the type of ladder of the job may include the material a ladder is made of, height and duty rating.

## Stepladder, Single Ladder or Extension Ladder:

### Stepladder:

- ◆ Self-supporting structures
- ◆ Not adjustable in length
- ◆ Portable
- ◆ Flat steps
- ◆ Hinges for ease of storage



### Single or Extension Ladder:

- ◆ Non-self supporting structures
- ◆ Portable
- ◆ Moving parts
- ◆ Fly sections
- ◆ One/multiple telescoping



## Ladder Materials:

All ladders are made from Metal, Wood or Fiberglass. Metal ladders can conduct electricity. Caution is to be taken when working with electric tools or near power sources.

Weather is also an element that is to be considered. Wind, Snow and Rain can cause using a ladder a challenging task. You may need to secure the ladder in order to perform the required task.

## Heights:

Ladders come in a variety of heights. It's important to select the proper height for the job. Proper ladder selection will ensure you do not overextend your reach, lose your balance, or stand on top of the ladder to reach the desired height.



- ◆ Stepladders range from 3-20 ft.
- ◆ Single ladders range from 10-30 ft.
- ◆ Extension ladders range from 16-60 ft.

## Ratings:

Ladders have 5 duty ratings:

1AA - Super Heavy Duty 375 lb.

1A - Extra Heavy Duty 300 lb.

1 - Heavy Duty 250 lb.

2 - Medium Duty 225 lb.

3 - Light Duty 200 lb.



## Visual Inspection:

When you've selected the ladder you are going to use, you must then perform an inspection of the ladder.

*Inspections are to be performed at the time of purchase and before every use.*

Inspect the following:

- ◆ Ladder Shoes
- ◆ Side Rails
- ◆ Steps/Rungs
- ◆ All Hardware and moving parts
- ◆ Clear of slippery or oily spots

**NEVER use a damaged ladder!**

When inspecting each of these items you want to ensure they are in good condition and in proper working order.

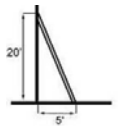
## Proper use and Set-up:

When setting up a ladder make sure you do not set-up in front of a door. Block off the work area and place caution cones in blind spots and around corners.

*(If you will be working in front of a door make sure the door is locked, blocked off or have the door guarded).*

### Stepladder

- ◆ Fully extend the ladder.
- ◆ Lock the side hinges in place.
- ◆ Do not lean a closed ladder against a wall for use.



### Single/Extension Ladder

- ◆ Lay ladder flat against the base of the building and walk the ladder up right.
- ◆ Check to see all fly sections are secure and locked in place.
- ◆ Set up ladder at a proper 75 degree angle.

## Ascending and Descending:

When ascending or descending a ladder keep your hands free for climbing.

Items to be used while on the ladder are to be raised by alternative means (*Towline, Tool Belt or Handed up by another person*).

- ◆ Use heavy soled shoes that are slip resistant.
- ◆ When descending do not jump or slide down the ladder.
- ◆ Descend by lowering one foot at a time on

