



# Ladders

12/15/21

Many types of ladders are available. There is no excuse for using the wrong one, a broken one, or even worse, a makeshift one. Whether you are using a stepladder, extension ladder, an a-frame ladder, or a job-built ladder you need to inspect the ladder carefully before use. Take the time to check the rungs and side rails to make sure they are not damaged. Look at the parts of extension ladders such as ropes, pulleys, guides, and locking dogs to ensure they are working properly. Non-slip safety feet should be in place. Check the surfaces of the ladder to make certain they are free of oil, grease, and other lubricants, especially ladder rungs.

Be sure to set up the ladder properly. Make sure your ladder is set up on firm, level ground. **Never** place the ladder on boxes, barrels, pallets, etc. Try not to place it in front of doors. When using an extension ladder be sure that at least three rungs of each section overlap. Always secure straight or extension ladders at the top and use the four-to-one rule to position the base. If you are using it to access a roof or other elevated area make sure the ladder extends thirty-six inches above the landing. Once you have the ladder in place, take time to tie it off to prevent it from falling over.

There are certain precautions to take with specific types of ladders. Before using a metal ladder look for overhead power-lines or other potential electrocution hazards. As a

matter of fact, many employers prohibit the use of metal ladders. Stepladders must be opened completely to allow the spreader brackets to lock, and never climb on the cross-bracing. Extension ladders should not be adjusted from above or while standing on the ladder.

When climbing up or down a ladder always face the ladder. Facing away doesn't allow you to maintain three points of contact. Do not climb ladders with your hands full of tools or material. Use a tag line or put them in a bucket and pull them up after you have reached your work area.

When working from a ladder don't reach too far to one side or the other. Keep your body centered between the side rails to help maintain your balance. Keep one hand securely on the ladder. If the ladder that you are using is too short for the job, stop what you are doing and get a longer one. **Never** stand on the top two steps.

If you use ladders safely, you'll always be a step above the rest. See OSHA standard 29 CFR 1926.1050-1060 for more information on ladders.

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**SAFETY REMINDER**  
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**Never allow more than one person on a ladder at a time unless the ladder is specifically designed for it.**

**NOTES:**

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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S.A.F.E. CARDS® PLANNED FOR THIS WEEK:

REVIEWED SDS #

SUBJECT:

**MEETING DOCUMENTATION:**

JOB NAME:

MEETING DATE:

SUPERVISOR:

ATTENDEES:

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