



Ladder Safety

Ladders allow us access to high or out-of-reach places. Whether you are trying to get up on a roof or climb down into a trench, you usually use a ladder. Many different types of ladders can be found on a construction site: straight ladders, extension ladders, fixed ladders, frame ladders, stepladders, and job-built ladders. Every trade uses ladders to extend the limits of its work area.

No matter what type of ladder you use, remember the following guidelines:

- ✓ Inspect ladders before use—check for broken rungs, sharp edges, and splinters.
- ✓ Remove any oil, grease, or slippery material from the ladder and from your boots.
- ✓ Immediately mark defective or broken ladders with “Do Not Use” so they can be easily identified.
- ✓ Set ladders on a firm, level surface and avoid placing them in doorways and high-traffic areas.
- ✓ When raising a ladder, always check for overhead electrical lines.
- ✓ Secure ladders to prevent them from falling.
- ✓ Only one person should be on a ladder at a time.
- ✓ Use both hands and face the ladder as you climb up or down.

- ✓ Do not exceed the load limit of the ladder.
- ✓ Do not overreach.
- ✓ Do not use a ladder in place of scaffolding or to support scaffold boards.

Remember these guidelines when using specific types of ladders:

- ✓ Never weld from a metal ladder.
- ✓ Open stepladders completely to allow the spreader to lock in place.
- ✓ Always secure straight ladders at the top.
- ✓ Maintain at least three rungs of overlap on extension ladders.
- ✓ Make sure straight and extension ladders are equipped with safety feet.
- ✓ Do not stand on the top two steps of a stepladder.

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SAFETY REMINDER
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**Ladders have their ups and downs—ladder *safety* doesn’t!
Always use the right ladder and use it safely.**

NOTES:

SPECIAL TOPICS /EMPLOYEE SAFETY RECOMMENDATIONS/NOTES:

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

REVIEWED MSDS # _____ SUBJECT: _____

MEETING DOCUMENTATION:

JOB NAME: _____

MEETING DATE: _____

SUPERVISOR: _____

ATTENDEES: _____

These instructions do not supersede local, state, or federal regulations.