

STEPPING UP FOR LADDER SAFETY

Ladder Safety Month 2024



Fast Facts:

300

Fatalities due to ladder-related accidents each year*

2,978

Number of OSHA citations issued in 2023 for ladder-related violations ^

500,000

People are treated each year for ladder-related injuries*

Types of Ladders

Self-Supporting

aka "A-Frame"

Portable ladders that can stand up on their own



Inspections and Maintenance

- Inspect ladders before the first use of each shift and as frequently as possible to identify hazards or defects.
- Ladders that are found to have hazards or other defects should be tagged as "Dangerous: Do Not Use" or similar language as soon as possible.
- Do not use tagged out ladders until repairs or replacements have been made.
- Only use a ladder for the purpose in which it was designed.

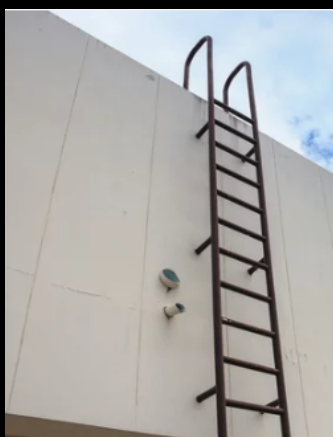
Extension and Straight

Portable ladders designed to be placed or leaned against something. Straight ladders have a fixed length. Extension ladders can extend to increase height.



Fixed

Ladders that are permanently attached to a single spot.

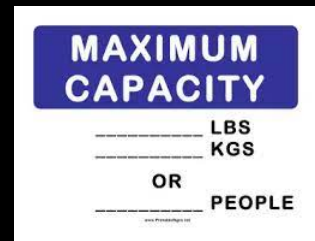


Did You Know?

- Portable ladder rungs must be parallel and uniformly spaced between 10 and 14 inches apart, fixed ladders must have 16 inches of width.
- Fixed ladders constructed after 2017 that are longer than 20 feet must have a ladder safety system installed.
- Portable ladders should be designed to be skid-resistant to prevent slips and falls.
- Extension or straight ladders must extend at least 3 feet beyond the point of support.
- Fixed ladders must have 7 feet of clearance between the inside of the ladder and the wall, be corrosion resistant, and have 42 inch grab bar extensions above the access level or landing platform.

Important Tips

- Always face the ladder when going up and down.
- Adhere to the weight limit of the ladder and remember to factor in the weight of tools or equipment you'll be carrying.
- Maintain three points of contact - two hands and a foot, or two feet and a hand, at all times.
- Never use a broken, defective, or unstable ladder.
- Don't carry heavy tools or equipment while using a ladder that could cause you to lose your balance and fall.
- Keep your body inside of the rungs of the ladder and towards the middle of the step.
- Never use metal ladders when performing work on or near electrical equipment
- Do not remove or tamper with any ladder labels, stickers, or warnings.
- Do not paint or coat ladders with a material that could hide defects.
- Only use ladders on a level, stable surface.
- Apply the 4:1 Rule with portable ladders - for every 4 feet the ladder rises, 1 foot away from the wall.
- Wear appropriate PPE such as hard hats when necessary.
- Never stand on the top rung of a portable ladder, it can cause instability.



Before Using a Ladder, Ask Yourself:

- Is a ladder the best tool for the job, or should I use something else, like a lift?
- What type of ladder do I need?
- Is the ladder in good condition?
- Will the ladder support both my weight and the weight of the tools or equipment I'll be handling?
- Is the ladder tall enough, or will the working height on the ladder cause me or the ladder to become unstable?
- Will I have to stand on the highest rungs or reach far out to the side to do my work?
- Is the ground beneath me stable and the area around me free of hazards?

