

SAFETY MEETING

Ladder Safety

Each year, about 360 workers die and 150,000 employees visit the emergency room due to the improper use of ladders. Falls from ladders can result in broken bones and death. Training in the proper selection, inspection, use and storage are required for all employees using ladders.

Hazards

- Ladders with broken or missing parts.
- Using a ladder with too low weight rating.
- Using a ladder that is too short for purpose.
- Using metal ladders near electrical wires.
- Using ladders as a working platform.
- Objects falling from ladders.

Inspect Ladders

- All rungs and steps are free of oil, grease, dirt, etc.
- All fittings are tight.
- Spreaders or other locking devices are in place.
- Non-skid safety feet are in place.
- No structural defects, all support braces intact.
- Inspections must be conducted before using the ladder

Ladder Storage

- Store ladders on sturdy hooks in areas where they cannot be damaged.
- Store to prevent warping or sagging.
- Do not hang anything on stored ladders.

Ladder Weight Ratings

- I-A 300 pounds (heavy duty).
- I 250 pounds (heavy duty).
- II 225 pounds (medium duty).
- III 200 pounds (light duty).

Limits on Ladder Length

- A one-section ladder should be no more than 30 feet.
- An extension ladder can go to 60 feet, but the sections must overlap.



Falls from ladders can result in broken bones and death.

- A stepladder should be no more than 20 feet high.

Ladder Setup

- Always place a ladder on a clean slip-free surface.
- Extend the ladder to have about 4 feet above the top support or work area.
- Anchor the top and bottom of the ladder.
- Place the ladder base 1/4 the height of the ladder from the wall when using an extension ladder.
- Never allow more than one person on a ladder.
- Use carriers and tool belts to carry objects up a ladder.
- Never lean out from the ladder in any direction.
- If you have a fear of heights, do not climb a ladder.
- Do not allow others to work under a ladder in use.



Never go or step above the second steps of a step ladder.

Ladder Maintenance

- Keep ladders clean.
- Never replace broken parts unless provided by the original manufacturer.
- Do not attempt to repair broken side rails.
- Keep all threaded fasteners properly adjusted.
- Replace worn steps with parts from the manufacturer.