

STEP LADDER SAFETY



Carl Albert State College

LADDER TYPES

- Type 1AA - 350 lb.
 - Construction Areas
- Type 1A - 300 lb.
 - Construction Areas
- Type I - 250 lb.
 - Industrial and Light Construction
- Type II - 225 lb.
 - Light Maintenance and Office Use
- Type III - 200 lb.
 - Household Use





Ladders are made out of four different types of materials

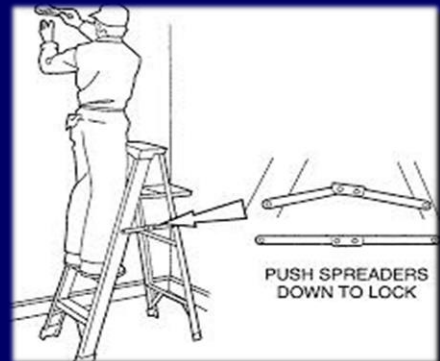


Ladders are made out of either wood, steel, aluminum or fiberglass. Fiberglass ladders are the best choice for both durability and safety from electricity.



Ladder Inspection Checklist

- Check your ladders for dents or bends.
- Make sure that the ladder's spreaders are locked in place.
- Make sure that the rungs and rails do not have oil or grease on them.
- Make sure that the non-slip safety feet or bases on your ladders are in good condition.
- Make sure that the ladder is not wobbly and that steps are not worn or broken.



INJURY STATISTICS

- 175,000 Emergency Room Treatments per year are caused by Ladder Accidents
(National Electronic Injury Surveillance System)
- Many can be eliminated through Proper Attention to Application and Training

INJURY STATISTICS

- Most Injuries on Ladders are Falls
 - 80% occur at top
 - 50% occur at transition to second level
- Other Major Cause of Injury is Struck By

OSHA 1926.1053

LADDER SPECIFICATIONS

- Rungs, Cleats and Steps of Portable Ladders
 - Placed not less than 10” apart
 - Placed not more than 14” apart
 - Minimum Distance Between Sides is 16”
 - Must be Parallel, Level and Evenly Spaced



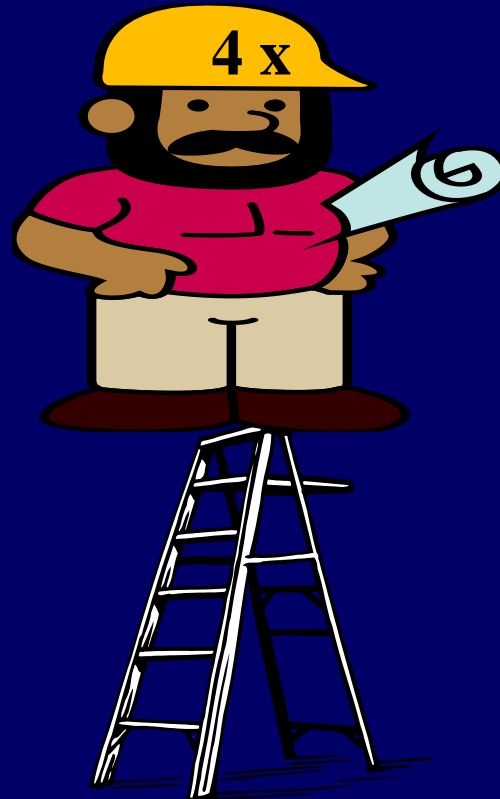
OSHA 1926.1053

Ladder Use

- Free of Oil, Grease, and Slipping Hazards
- Used only on Level Ground
- Top and Bottom of Ladder should be Clear
- Do Not Move while Occupied
- Top of Step Ladder is not a Step

LOAD REQUIREMENTS

SUPPORTS 4 TIMES ITS INTENDED LOAD



EXCEPT EXTRA-HEAVY TYPE 1A LADDERS—
3.3 TIMES ITS INTENDED LOAD

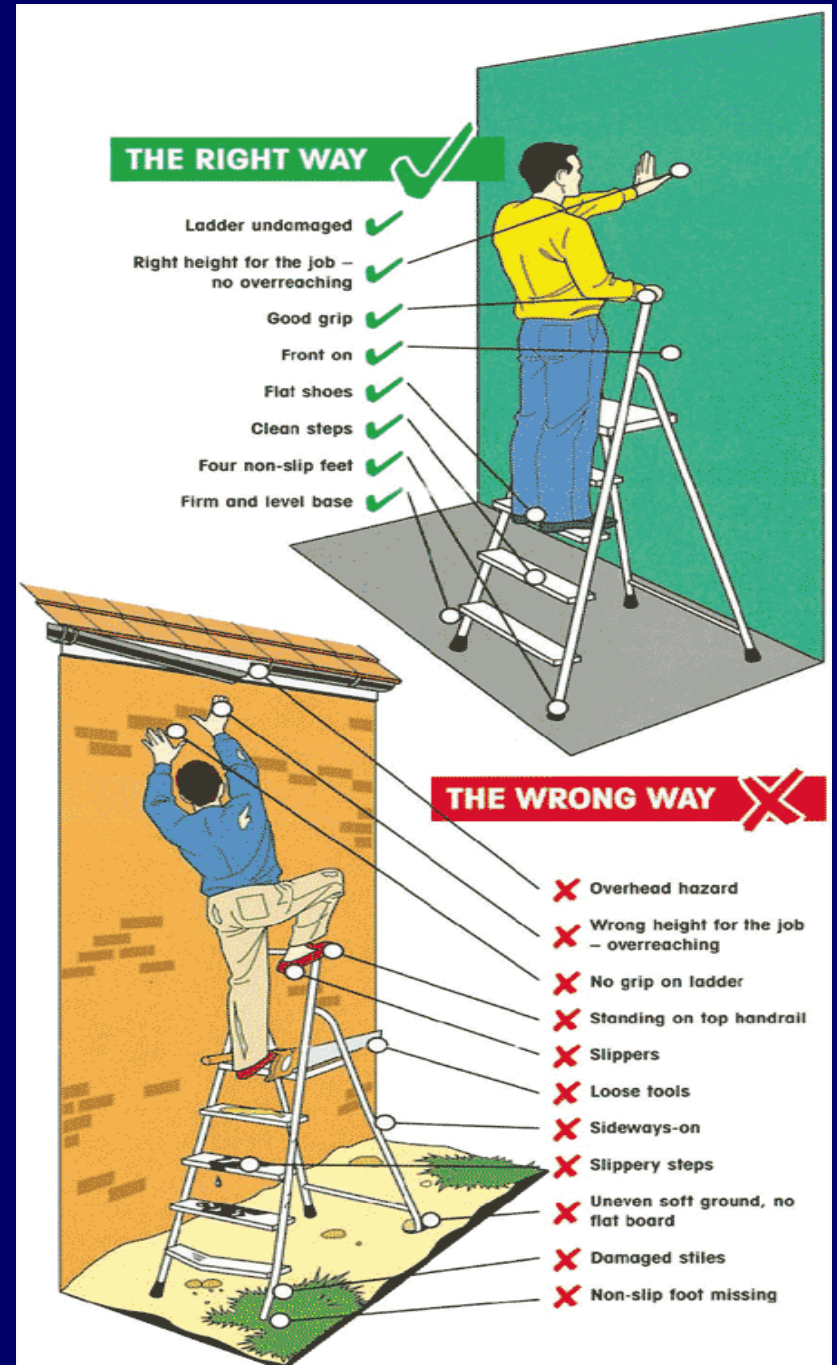
SAFETY TIPS

- Don't work off top two steps
- Avoid Side Working
- Don't Overreach

MORE SAFETY TIPS

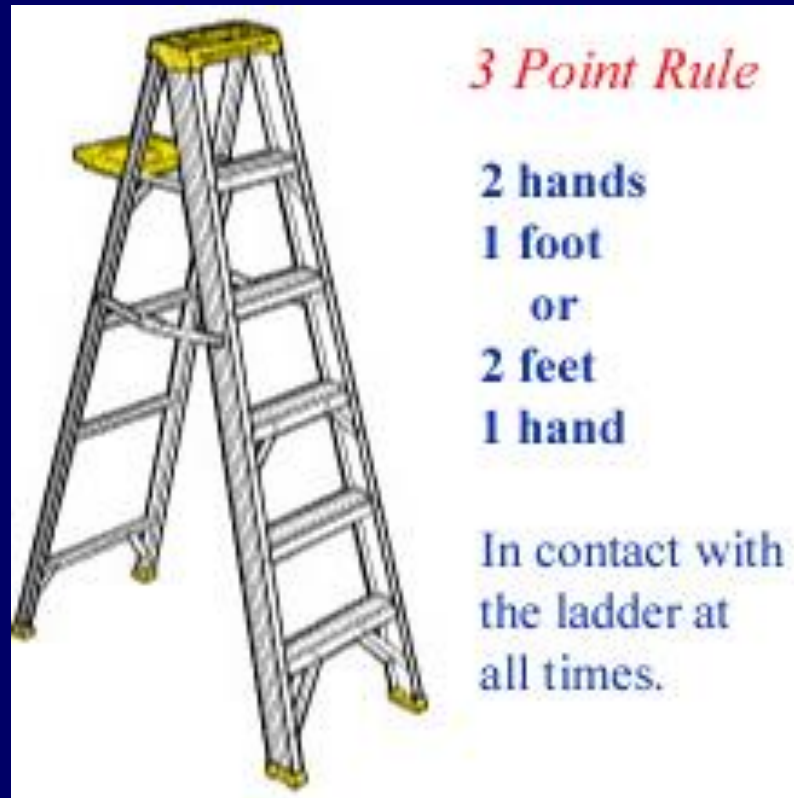
- Face the Ladder when Ascending and Descending
- Do Not Carry Objects that could cause one to lose their Balance
- Never Use when Intoxicated

SAFETY TIPS



SAFETY TIPS

3 POINT RULE



Conclusion

- Always take into consideration what task you will be performing on the ladder in order to choose the best ladder for the job.
- Inspect your ladder before you use it.
- Make sure that your body stays between the side rails of the ladder.

