

# Ladder Safety

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July 2022

# Housekeeping



Muster Point



# Presenter & Introductions

A close-up photograph of two individuals in business attire shaking hands. The person on the left is wearing a grey suit jacket and a gold bracelet. The person on the right is wearing a dark grey suit jacket. The background is a blurred office environment with shelves of colorful binders.

Safety begins with me!



A collection of various old, rusty keys scattered on a light-colored wooden surface. The keys are of different shapes and sizes, some with intricate designs and others with simple, utilitarian forms. The metal is heavily oxidized, giving them a brownish, aged appearance. The keys are scattered across the frame, with some overlapping each other. A dark grey banner is at the top, and a brown banner is at the bottom, both containing white text.

Why am I here?

You are the KEY to SAFETY!



# Ladder Safety



# Ladder Video



**LADDER SAFETY FAILS**



# How Much Do You Know?

- A common reason for ladder accidents is failure to inspect ladders before use. **TRUE**
- The base of a straight ladder should be 1 foot from the wall for every 2 feet of ladder height from base to support point. **FALSE**
- If a ladder is defective, return it to where you found it and take another ladder. **FALSE**
- It is safe to stand on the top step of a stepladder. **FALSE**



# 3 Most Common Causes of Ladder Accidents

Wrong ladders used

Ladder in poor condition

Ladder used improperly



# Additional Causes of Ladder Accidents

Carrying tools in one or both hands

Wet or oily shoes

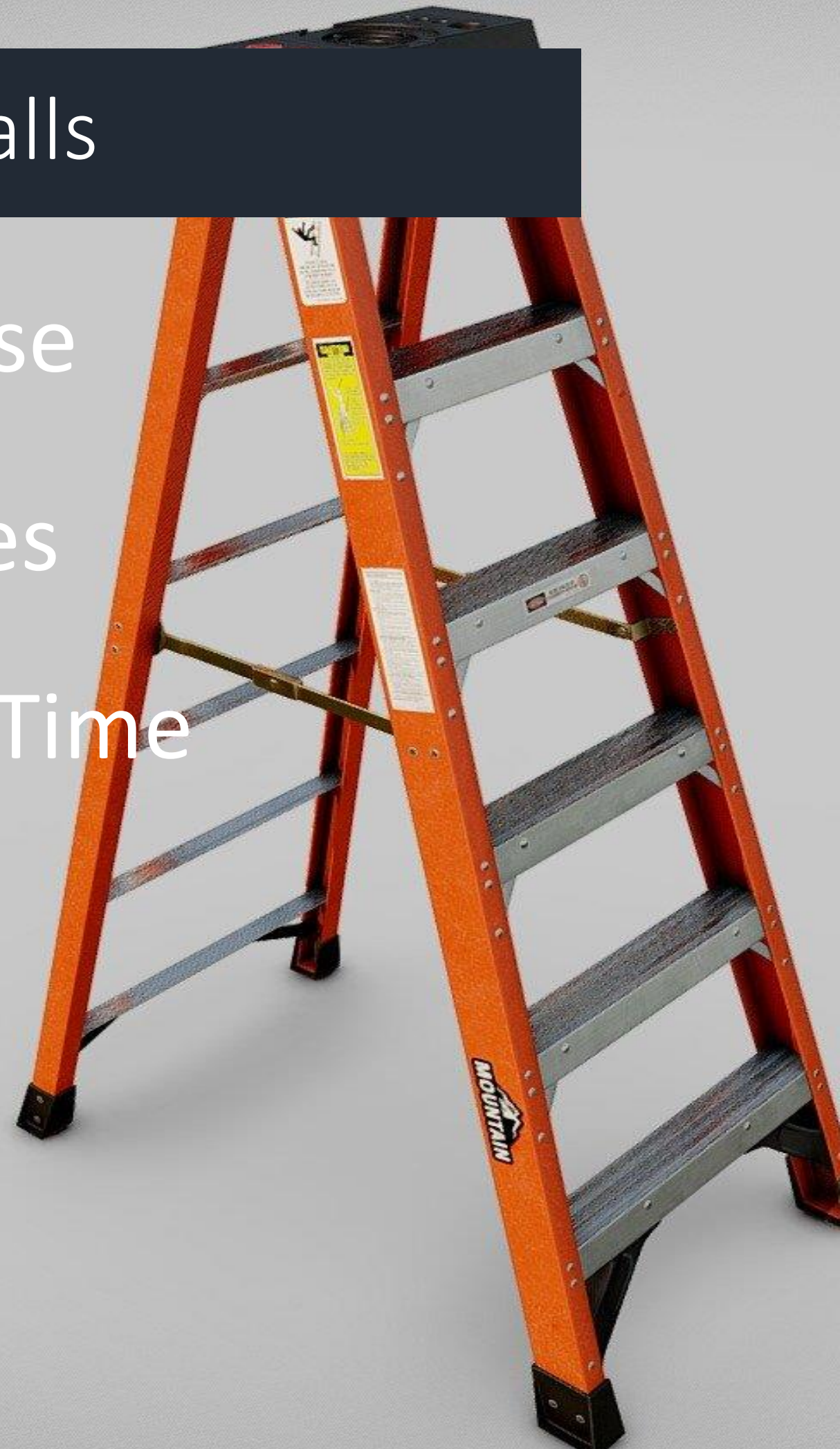
Straight ladders are not secured

Failure to Inspect / Lack of Training



# 5 Steps to Reduce the Risk of Falls

1. Inspect Ladders Before Use
2. Follow Ladder Safety Rules
3. Only One Employee At A Time
4. Avoid Risky Behavior
5. Remove Faulty Ladders





# Ladder Selection

## WEIGHT CAPACITY

Also known as duty rating or load capacity

Make sure the weight of the user plus the materials carried are less than the weight capacity.

Type 3

**200 lbs.**

**LIGHT DUTY**

Household use

Type 2

**225 lbs.**

**MEDIUM DUTY**

Painter & handyman,  
simple projects

Type 1

**250 lbs.**

**HEAVY DUTY**

Industrial, handles most  
jobs and projects

Type 1A

**300 lbs.**

**EXTRA HEAVY DUTY**

Industrial, designed for  
professional use

Type 1AA

**375 lbs.**

**SUPER DUTY**

Maximum durability for tough  
professional or home use



# Ladder Selection - Continued





# Ladder Inspection



# Pop Quiz!

QUIZ TIME



# Defective Ladders





# Safe or Unsafe?

SAFE

UNSAFE





# Ladder Setup





# Ladder Setup – Continued

- 4-to-1 rule
- Support point
- Overlap
- Secured

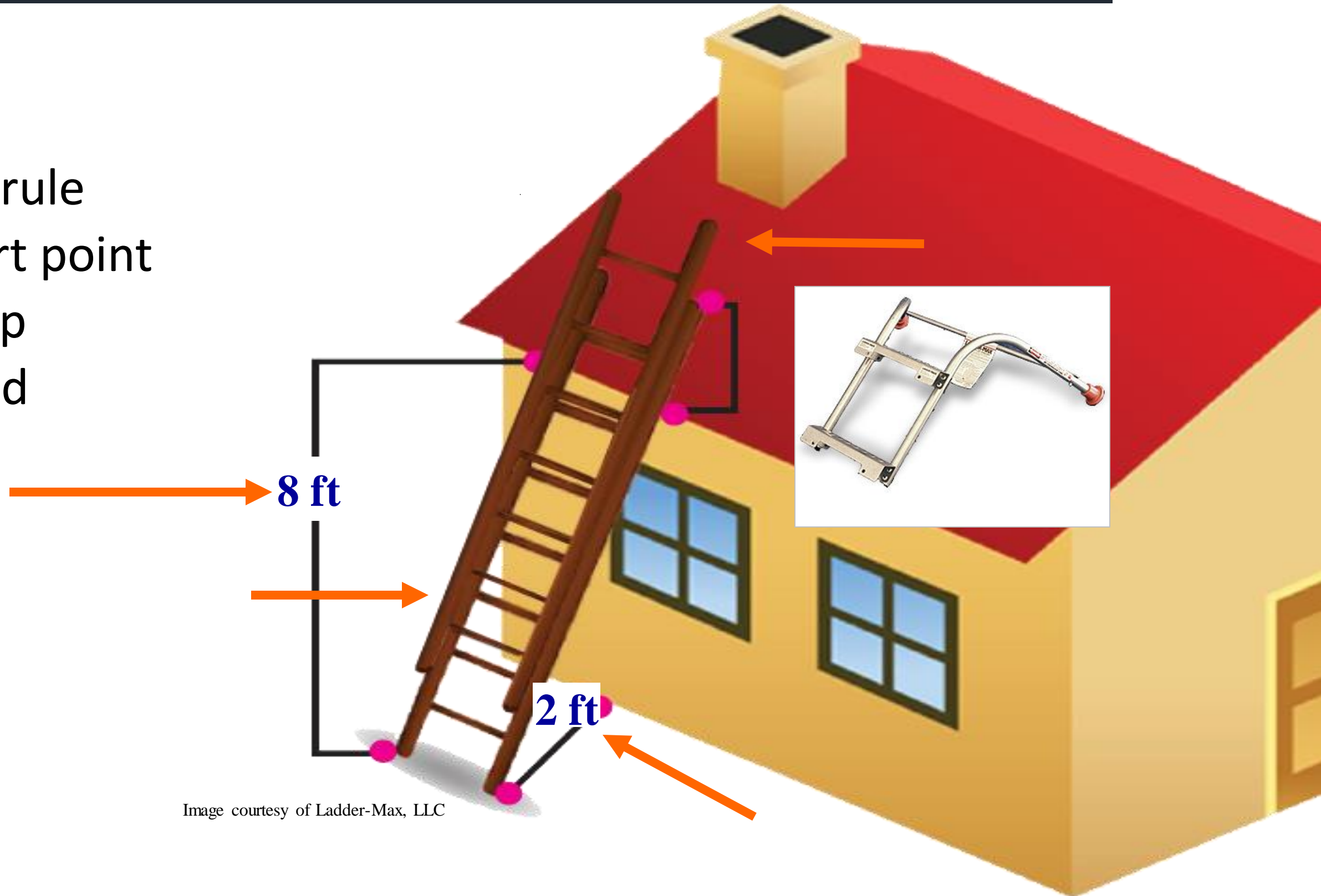


Image courtesy of Ladder-Max, LLC



# Climbing and Descending



Never climb a ladder if you are impaired

Never slide down a ladder

Carry tools on a belt or shoulder strap

Don't climb too high

Face the ladder

One person at a time

Check your shoes

# Working on a Ladder

## DO

- Hold on
- Keep centered
- Stay straight and close to the ladder
- Move carefully



## DON'T

- Lean too far
- Reach too high
- Try to reposition ladder while on it



# Ladder Maintenance

- Check joints
- Test hardware and fittings
- Lubricate moveable parts
- Replace worn rope on extension ladders
- Make sure safety feet are in good condition
- Clean rungs and steps



# Storing Ladders



Store securely, out of the way

Store short stepladders vertically

Store straight ladders flat or hang horizontally

Never store materials on top of a ladder

Keep in a well-ventilated area



# Transporting Ladders

- Pair up
- Balance the center on your shoulder
- Be careful around corners, aisles, or where others are working



- **Ladders should not stick out of vehicles**





# NIOSH Investigation Video







# Points to Remember

- Ladder accidents can cause serious injuries or death.
- You have the power to prevent accidents.
- Always choose the right ladder for the job and inspect before use.
- Set up ladders correctly and climb safely.
- Be careful when working on ladders and avoid overreaching.



One Team

**QUESTIONS?**

