

Common Ladder Hazards

1

Damaged Ladder

Using A Ladder

Ladders last doesn't mean that you won't ever use a ladder again. Sometimes there isn't always enough space at the work site for other options. There will be some work situations where you need a ladder. If a ladder becomes the last option and must be used, we must remember these ladder safety basics:

2

Unstable Ladder

Select The Right Ladder for The Job

There are many types of ladders available, each intended for a specific purpose. Make sure the ladder has label certifying that it is ANSI approved. Be sure the ladder is long enough to work from without using the top 3 feet. Do not use metal or wood portable ladders. ALL LADDER USE MUST BE APPROVED ON JHA.

3

Overloading

Inspect The Ladder Before You Use IT

Any ladder can develop a problem which can render it unsafe, each time you use a ladder, inspect it for loose or damaged rungs, steps, rails or braces. Also check for loose screws, bolts, hinges and other hardware. Never use a ladder which is defective.

4

Over Reaching

Set Up the Ladder Safely

Ladders can be dangerous in the wrong location. Lock or block any nearby door that opens toward you. The area around the base should be uncluttered, and set ladder on a solid, level surface. Stepladders should be fully open. Straight ladder should be placed at a four-to-one ratio. This means the base should be one foot away from the wall for every four feet of height to the point of support. The ladder must extend above the edge at least three feet. Always tie-off/ secure the ladder from movement when setting up. Stay 10 feet away from electrical lines.

5

Close to Powerlines

Climb And Descend Ladders Safely

Always face the ladder and use both hands to climb and descent. Always keep three limbs on the ladder. Carry tools in a tool belt or raise and lower them with a hand line. Three points of contact always.

6

High Traffic Set-Up

Use Fall Protection

Always use personal fall protection when on a ladder. Using common fall protection lanyards while on a ladder is strictly prohibited. We are required to use Self Retracting Lanyards (SRL) when working from ladders. Remember fall protection anchor points must be high enough to prevent impacts in the case of a fall.

Right



RIGHT - Properly set up and use the ladder in accordance with safety instructions and warnings. Wear shoes with non-slip soles.



RIGHT - Center body on the ladder and keep belt buckle between the rails while maintaining a firm grip



RIGHT - Climb facing the ladder, move one step at a time and firmly set one foot before moving the other.



RIGHT - Lift materials with a line rather than carry them up on an extension ladder. Use extra caution when carrying anything on a ladder.



RIGHT - Have another person help with a heavy ladder. Have another person hold the ladder while you are working on it.

Wrong

WRONG - DON'T over-reach, lean to one side or try to move a ladder while on it. Climb down and then re-position the ladder closer to your work.



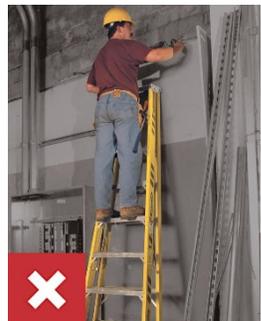
WRONG - DON'T stand above the second step from the top of a stepladder or the fourth rung from the top of an extension ladder.



WRONG - DON'T exceed the maximum load capacity or duty rating of a ladder. DON'T permit more than one person on a single-sided stepladder or an extension ladder.



WRONG - DON'T climb a closed ladder, it may slip out from under you.



WRONG - DON'T climb a ladder if you are not physically and mentally up to the task. If your dizzy or unbalanced – stay off!

