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LADDERS

How easy it is to overlook ladder safety. After all, who hasn't used a ladder? All persons using ladders are required to receive training and understand proper procedures for ladder use before using a ladder on the job site.

All ladders will meet the applicable national consensus standards. ANSI and NIOSH approval labels should never be covered with paint or tape. Having ladders that are constructed to standard will prevent collapse and resultant falls.

Some important operational procedures for ladders are listed below:

- A. Ladders will never be overloaded.
- B. Ladders will not be tied or fastened together unless they are so designed.
- C. Portable ladders used for gaining access to an upper level will extend at least 3 feet above the upper landing surface; or the ladder will be secured at its top.
- D. Ladders must be free of oil, grease, or other slipping hazards.
- E. Ladders shall only be used for the purpose for which they are designed.
- F. Non-self supporting ladders will be used at an angle that the horizontal distance from the top support to the foot of the ladder is approximately $\frac{1}{4}$ of the working length of the ladder.
- G. Ladders will only be used on stable and level surfaces unless secured to prevent displacement.
- H. Ladders shall not be used on slippery surfaces unless secured or provided with slip-resistant feet to prevent accidental displacement.
- I. Ladders placed in any location where they can be displaced by workplace activities or traffic will be secured to prevent accidental displacement; or a barricade will be used to keep the activities or traffic away from the ladder.
- J. The area around the top and bottom of the ladder shall be kept clear.
- K. Portable ladders with structural defects will be immediately marked in a manner that readily identifies them as defective and removed from service until repaired.
- L. When going up or down a ladder, face the ladder and use at least one hand.
- M. Do not to carry any object that could cause loss of balance and a resultant fall.