

Ladder Safety

Never use a chair, table, or stool in place of a ladder as they are not designed to stand-on. Chairs, tables, stools, etc. can easily tip when you shift your weight in a particular direction. Only use a ladder if you have been trained and authorized to do so. If you need to hang something up, access an upper level, etc., notify a member of your maintenance team for assistance.

Quick Stats

- * There are about **150 fatal injuries** from ladders in the workplace in year.
- * There are about **200,000 non-fatal injuries** from ladders in the workplace in year.
- * Ladders are consistently one of OSHA's top ten citations each year.
- * Serious violations cost up to \$13,653 per violation. Repeat or willful violations are up to \$136,532. Additional state OSHA citations may also apply.

Ladder Safety Tips

Quickly inspect your ladder **before each use**

Always maintain 3 points of contact when going up/down a ladder

Never exceed the ladder's weight capacity. 4% of ladder accidents are from a broken ladder

Do not set-up a ladder on a slick surface (i.e., wet, ice, decks, etc.). **40% of ladder accidents** are from ladders moving while in use.

Many accidents are from workers missing the last rung when coming down the ladder. Take your time and be aware that this is a very common accident.

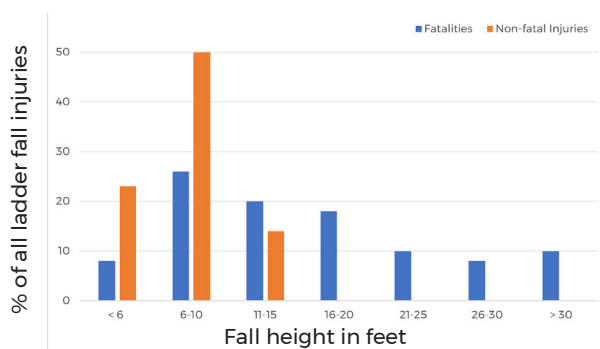
Keep your body core within the side rails of the ladder, **never** overextend. 18% of ladder accidents are from losing balance.

Extension Ladders

Never rest ladder on a rain gutter. The gutter can collapse causing you to lose your balance and fall. (40% of ladder accidents are from the ladder moving)

The proper angle for an extension ladder is 75.5 degrees. Ladder slipping/moving accounts for 40% of ladder accidents. You can download a **free NIOSH Ladder Safety app** that will help set your ladder up at the exact angle. This tends to be safer and more accurate than the 4:1 ratio method.

The top of the ladder must extend 3' above the roof line (not 3 rungs). 3' is about 3.5 rungs above the roof line. This helps get on and off the roof safely without overextending or losing balance.



Step Ladders

Never step on top two rungs as you may lose balance.

Never use a step ladder as an extension ladder, resting it against a wall.

Always face the ladder while climbing

Never carry tools or objects. Remember **3 points of contact**.

Firm/level the base. Ensure the spreaders are **locked** in place.

Do not overreach in any one direction.

