

Portable Ladder Safety

Common Portable Ladder Hazards

- Improper set-up
- Portable ladders not 3 feet above landing surface
- Not securing ladder correctly
- Standing on the top two steps of a stepladder
- Overreaching when working from a ladder
- Improper/unsecured storage

Selection

- *Duty rating of the ladder*—what capacity can it hold?
- *Height of the ladder*—too short or too tall?
- *Condition of the ladder* and instructions unique to the ladder selected.

Inspection

- Ladders must be inspected before each use.
- Look for cracks and weak points.
- Review the safety labels on the ladder
- Broken or weak ladders or ladders that are not stable must be marked or tagged as defective and taken out of service.

Set-up

- Consider placement and pitch of the ladder.
- Adjust extension ladders to the correct height
- Extension ladders should be secured at the top or bottom to prevent movement.
- The base of an extension ladder must be secured in place by using the safety feet on the ladder or other effective means.
- Only use in the fully open and locked position on firm level ground.
- Do not use a stepladder that is folded or in a leaning position.
- Never sit/stand on the top two rungs.
- Consider work height when selecting a stepladder.

Proper Use

- Face the ladder when ascending or descending.
- Maintain three points of contact at all times.
- Keep your body centered on the ladder.
- Never let your belt buckle pass either side rail.
- Avoid Electrical Hazards
- Extension ladders should not be separated to create two ladders.
- Keep the areas around the tops and bottoms of all ladders clear to prevent trip-and-fall hazards.
- Avoid setting ladders up in high traffic areas or barricade the area around ladder.