Standard 29 CFR Part 1910.25-27

Ladders

Presented by:

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Today's Agenda

In today's session, we'll be discussing:

- Types of ladders
- General ladder safety
- Step ladder safety
- Straight ladder safety

Types of Ladders



Straight ladders are non-self-supporting ladders that include single section and extension ladders



Step ladders are hinged ladders that must be used in the open, or “A” frame, position



Fixed ladders are permanently mounted to a structure

General Ladder Safety

- Inspect the ladder before each use. Check for:
  - ✓ General condition of the side rails and rungs
  - ✓ Grease, oil, and other slippery substances
  - ✓ Missing parts
  - ✓ Safety feet on straight and extension ladders
  - ✓ Evidence of corrosion, heat, or chemical damage

- Ladders are heavy: Get help carrying them or use carts whenever possible

NEVER USE A DAMAGED OR DEFECTIVE LADDER: TAG IT "DANGER - DO NOT USE" AND TAKE IT OUT OF SERVICE

General Ladder Safety

- NEVER USE A METAL OR WET WOOD LADDER WHEN SERVICING ELECTRICAL EQUIPMENT OR WHEN WORKING WITHIN 10 FEET OF POWER LINES
- Read and follow all label information on the ladder
- Ladders must be set-up on stable, even surfaces
- If foot or vehicle traffic could upset the ladder, take precautions to block the area
- The area under and to the sides of the ladder should be blocked off to protect others from dropped objects

General Ladder Safety

- Only one person is allowed on a ladder at one time unless the ladder is specially designed for multiple climbers
- Always face ladders while climbing
- Maintain three point contact (two feet and one hand) with the ladder while climbing
- As a general rule, grasp the rungs while climbing rather than the side rails: your grip will be stronger

General Ladder Safety

- Objects that are large and bulky should be hoisted up with a rope: do not carry objects that could change your center of balance or cause you to fall

- Never over-reach (generally past an arm length from the center point of a ladder)



General Ladder Safety

- Ladders should be returned to storage after use
- Ladders should be stored flat, on edge, or secured with a chain if stored vertically
- When in storage, ladders must be adequately supported to avoid distorting the supporting parts

Step Ladder Safety

- Step ladders must be fully opened and locked when in use
- Never lean a step ladder against a wall or other stationary object: the step ladder could slide out from under you
- Never stand on the top step of the step ladder. Better yet, do not stand on the top two steps of a step ladder.



Straight Ladder Safety



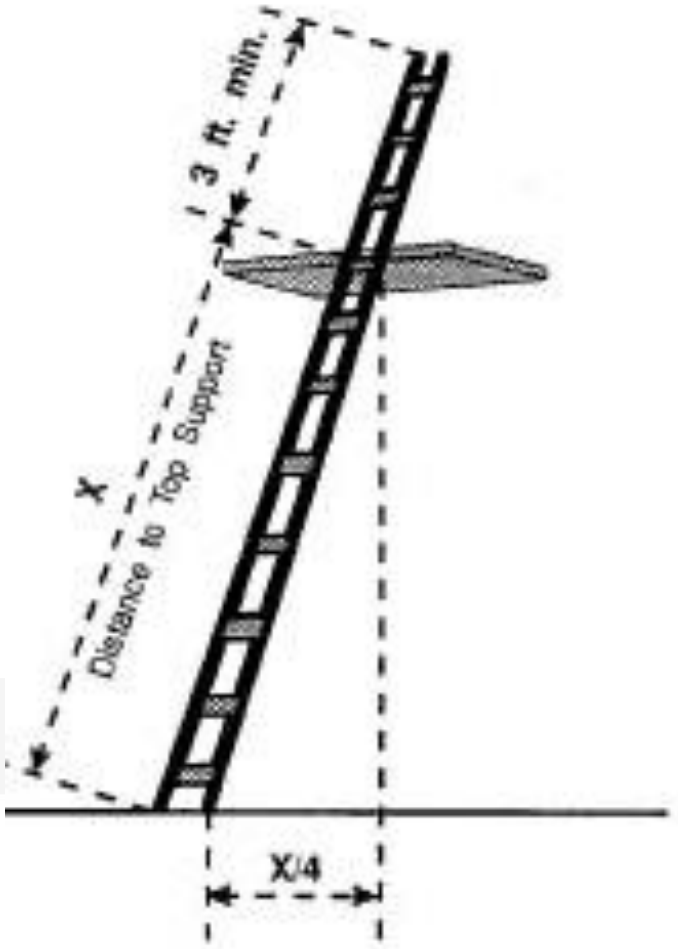
- The ladder must be placed against a secure point that supports both side rails
- When accessing a roof or platform, the ladder must extend a minimum of three rungs above the elevation
- To achieve the proper work angle, set the ladder base 1/4th the distance of the working height back from the vertical support

Straight Ladder Safety

- Be sure that the ladder locks engage and hold the extension section(s) in place
- Never use straight ladders as stages, braces or work platforms
- Tie off the ladder at the top and bottom (using the side rails as anchors) if you will be using power tools or using significant physical force. A co-worker can also hold the ladder steady at the base.

Straight Ladder Work Angle

The proper angle is achieved by keeping the ladder base 1/4th the working height distance *away* from the vertical support



Fixed Ladder Safety



- Inspect anchorage to the structure as you climb: exit the ladder and report if any potential problems are observed
- Follow the general ladder safety rules during use
- [review any fixed ladder safety devices in your facility and insert here]

Conclusion

- ✓ Ladders must be inspected before use: Never use damaged or defective ladders
- ✓ Safety rules must be followed while using ladders to prevent serious accidents
- ✓ The safety of the ladder user and others in the area of use must always be considered
- ✓ After use, store ladders properly

For More Information

For more information regarding ladder safety or other safety issues, please contact:

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