



Ladder Safety

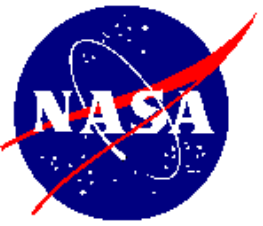
- **Falls remain a leading cause of unintentional injury/mortality nationwide**
 - According to the World Health Organization, the United States leads the world in ladder deaths. Each year, there are more than 164,000 emergency room-treated injuries and 300 deaths in the U.S. that are caused by falls from ladders.
 - Most ladder deaths are from falls of 10 feet or less.
 - Falls from ladders are the leading cause of ladder-related injuries, followed by using a ladder improperly, using a faulty or defective ladder, and simple carelessness.
 - Factors that contribute to falls from ladders are ladder slip (top or bottom), overreaching, slipping on rungs/steps, defective equipment, and improper ladder selection for a given task.
 - Human error is by far the leading cause of ladder accidents. Never use a ladder in any other way than what the manufacturer intended it to be used for. Also, do not lengthen or alter a ladder in any way.



Ladder Safety

- **Prior to using a Ladder**

- Check for hazards: power/electrical lines, slippery/uneven surfaces, sharp objects, foot/vehicle traffic, or overhead bump hazards.
- Physical condition of user: not under the influence of alcohol or mind altering medication, fatigued, or dizzy.
- Inspect ladder to ensure it is in good working condition:
 - Non-slip footing in place; working locking/spreader mechanisms.
 - Wood Ladder: no broken/split rungs; not painted; free of oils/grease.
 - Fiberglass Ladder: no cracks, broken rungs/legs, no missing hardware.
 - Extension Ladder: pulley and ropes in good condition, no dents/broken rungs.
- Choose the right type and size ladder for the job
 - Most accidents deal with using a ladder too small to properly perform work.
 - When using an extension ladder, remember the four-to-one rule: for every four feet of height you have to climb, move the base one foot away from the wall.
 - Electrical work: fiberglass or wood **only** (SSC only procures fiberglass).



Ladder Safety

“Do’s”

- **Do** inspect before use
- **Do** keep your “belt buckle” between rails
- **Do** maintain three points of contact with the ladder at all times
- **Do** ascend and descend a ladder facing the rungs
- **Do** avoid placing a ladder in a door way, or other traffic area;
- **Do** use a caution/warning sign if you have to use a ladder in a door way or traffic area
- **Do** reposition if you can’t reach your work area

“Do Not’s”

- **Do Not** over extend or reach while working on a ladder
- **Do Not** “hop” or walk a ladder to move it
- **Do Not** walk under a ladder when it is in use
- **Do Not** carry tools or materials while ascending or descending a ladder