

“JOBSITE SAFETY” ~ ILLUSTRATED SERIES

AN OCCUPATIONAL SAFETY & HEALTH TRAINING SERIES FOR HIGH HAZARD INDUSTRIES

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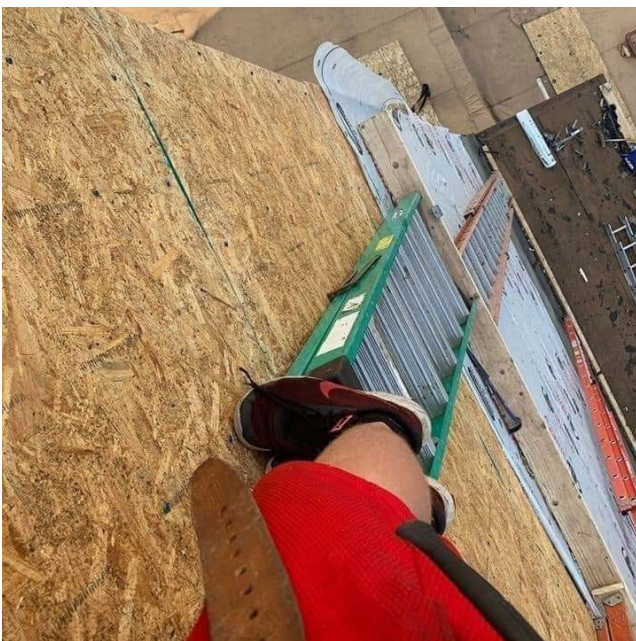
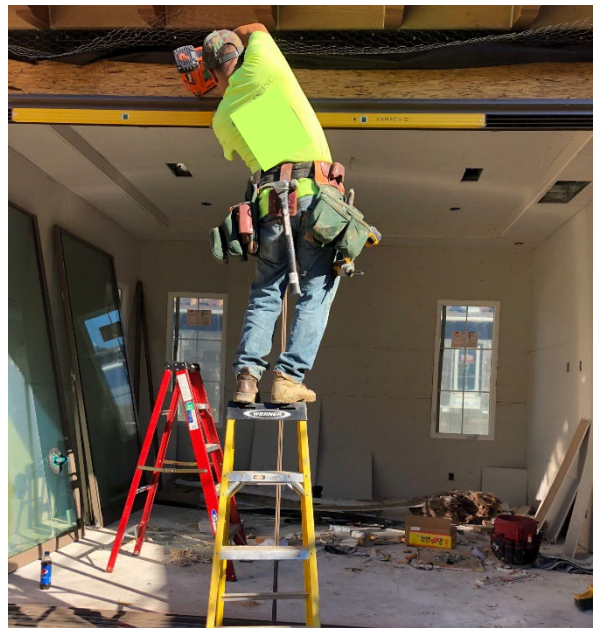
LADDER SAFETY



Each year, about 50 construction workers are killed by falls from ladders. More than half of the deaths occur to people working from ladders. Twice as many falls occur stepping down compared to going up ladders. The main causes of falls from portable ladders are sliding of the ladder base and tipping sideways. A lot of workers carrying ladders hurt their backs, too.

Ladder accidents are usually caused by:

- Workers not being trained adequately on ladder safety
- Ladder being in poor condition
- Improper selection, care or use including incorrect positioning
- Using unsafe work practices
- Using the wrong ladder for the job
- Using defective ladders



Make sure that you are not standing and working on the top 3 rungs of a single or extension ladder. If you must work from the top 3 rungs, ensure that there are structures that provide you with a firm handhold or you use a personal fall protection system.

Do not stand on the topcap or the step below the topcap of a step ladder.

Step ladders shall not be used as single ladders or in the partially closed position.

The base of ladders shall be placed on a secure and level footing. Ladders shall not be placed on unstable bases.