

Company Name: _____ Dept: _____ Location: _____ Date: _____

#017

STEPLADDERS & LADDER SAFETY

Falls represent the largest single cause of accidental death in the workplace. About 40% of these falls are from one level to another, many from ladders. To help prevent accidents, make sure a proper ladder or steps are provided to again access to those high, difficult to reach places. The use of ladders with broken or missing rungs or steps, broken or split side rails, or other faulty or defective construction is prohibited. Inspection of metal ladders shall include checking for corrosion of interior of open-end hollow rungs.

Manufactured portable wood ladders provided by the employer shall be labeled as being designed and manufactured in accordance with the provisions of the American National Standards Institute, A14.1 1982, ladders-portable wood-safety requirements. Labels are not required on portable wood ladders purchased prior to July 1, 1992.

Portable metal ladders shall be of strength equivalent to that of wood ladders. Manufactured portable metal ladders provided by the employer shall be labeled as being designed and manufactured in accordance with the provisions of the American National Standards Institute, A14.2m 1982, ladder-portable metal safety requirements. Labels are not required on portable metal ladders purchased prior to July 1, 1992. Portable ladder feet shall be placed on a substantial base, and the area around the top and bottom of the ladder shall be kept clear.

Portable ladders shall be used at such a pitch that the horizontal distance from top support to the foot of the ladder is about one-quarter of the working length of the ladder (the length along the ladder between the foot and top support.) Ladders shall not be used in horizontal position as platforms, runways or scaffolds.

The side rails of ladders shall extend not less than 36 inches above the landing. When this is not practical, grab rails, which provide a secure grip for an employee moving to or from the point of access, shall be installed.

Meeting Conducted By:

Print Name

Signature

Meeting Attended By:

Document Filing Reference

Notes & Suggestions

Filing Instructions: Copies of this "Tailgate Talk" should be filed in employer's safety training records and cross-referenced in each employee safety-training file. This is intended as a guide only- all rights reserved.

Company Name: _____ Dept: _____ Location: _____ Date: _____

#087

JOB-BUILT LADDERS

Courage Safety Systems does not recommend job-made ladders. The “grip” at the base and at the upper point of contact with a wall is usually inadequate from a safety point-of-view. Cal/OSHA does permit job-made ladders under certain conditions, however. Job-built ladders must meet the following requirements:

1. Job-built ladders must safely support the intended load. 1676(a)
2. Cleats must be made from clear, straight-grained lumber and must be uniformly spaced 12 in. apart vertically. 1676(c)
3. Cleats must be nailed at each end with three 10d nails or the equivalent. 1676(j)
4. Cleats must be blocked or notched into the side rails. 1676(j)
5. The width of single-cleat ladders shall be 15 in. to 20 in. 1676(f)
6. Rails must be made from select Douglas Fir without knots (or the equivalent). 1676(b)
7. Rail splicing is permitted only when there is no loss of strength to the rail. 1676(b)
8. Single-cleat ladders must not exceed 30 ft. in length. 1676(e)

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#267

LADDER MAINTENANCE

Ladders are handy, simple tools to use, but if they are not maintained properly, they can be unsafe. In 2011 work-related ladder fall injuries resulted in 113 fatalities, an estimated 15,460 nonfatal injuries that resulted in more than a day away from work, and an estimated 34,000 nonfatal injuries that were treated in emergency departments. Ladder accidents can occur if they are faulty, if they have been set up improperly, and if they are used improperly.

While workers are familiar with the rules for safe ladder setup and use, it is important to know how to inspect, maintain, and store ladders used in the workplace. The materials that go into ladders are designed and engineered to last indefinitely if they are cared for and not abused. Proper maintenance, care, and inspection can guard against using a faulty ladder.

Neglected ladders can become unsafe ladders, so workers should maintain them frequently. Before using a ladder, it should be inspected to make sure it is in good working condition. If an inspection shows defects in a ladder, it should be immediately tagged out of service. Broken or damaged ladders should be properly repaired by a qualified worker, or they should be discarded and replaced.

A ladder inspection begins from the top down. Workers should look for loose steps and rungs. The rungs should be sturdy, clean, and not slippery from grease or oil. The upright ladder legs should be strong and free of cracks, splits, and bent edges. The ladders braces should be solid. Nails, screws, bolts, or other fasteners should be tight. Finally, the ladder feet should be examined, and the non-slip base should be in good repair.

Different ladder types and materials have specific inspection points. Wood ladders should never be painted and should not have cracks or splits. Metal and fiberglass ladders should be checked for bends and breaks. Metal ladders should be inspected for signs of corrosion. Step ladders should not be wobbly, a possible indication of side strain, and the hinges should be firm and straight. Extension ladders should have working extension locks that seat properly. The extension rope should not be rotted or frayed.

Workers should try to prevent ladder damage during transport and use because this can weaken the ladder. When hauling a ladder, workers should tie it securely to the vehicle to prevent nicks, gouges, or chafing. Damaged bolts and joints can work loose and eventually cause the ladder to twist and become unstable. Straight ladders should be stored flat or on wall brackets to prevent sagging or warping. Step ladders should be stored upright and in the closed position. All ladders should be stored in covered, protected areas away from moisture sources.

Meeting Conducted By:

Print Name

Signature

Meeting Attended By:

Document Filing Reference

Notes & Suggestions

Proper Use of Portable Ladders

Ladder Selection:

TYPE:	TYPE IAA	TYPE IA	TYPE I	TYPE II	TYPE III
LOAD CAPACITY:	375 pounds	300 pounds	250 pounds	225 pounds	200 pounds
RELATED USE:	Special Duty Professional Use	Extra Heavy Duty Industrial Use	Heavy Duty Industrial Use	Medium Duty Commercial Use	Light Duty Household Use
					

Selection for portable ladders depends on:

- Purpose for which the ladder was designed to be used
- Specific job and work being performed using the ladder
- The person using the ladder
- The environment including uneven/unstable ground, slippery conditions, clearance, etc.
- Height of work surface to be reached for work
- Load put on the ladder
- Worker position in relation to the task
- Regulatory requirements including requirements for length, duty rating and overlapped length



Climb and Work Safely on Ladders:



- While climbing and working on ladders, you need to climb or work with the body near the middle of the step or rung to keep the load on the ladder centered.
- Make sure that you do not overreach from the center position. To avoid overreaching, you need to descend and reposition the ladder.
- When it is not practical to work with the body near the middle of the step or rung, you need to secure the ladder at the top, and use a personal fall protection system.
- Always face the ladder and always maintain contact with the ladder at three-points. Contact with the ladder at three points means two feet and one hand, or two hands and one foot which is safely supporting the user's weight.



Company: _____

SAFETY TRAINING SESSION RECORD

SUBJECT: _____

Location: _____

Date of Session: _____ Time Started: _____ Time Ended: _____

Trainer's Name and Signature: _____

Those present at training - PLEASE WRITE LEGIBLY IN PRINT:

<u>PRINT NAME</u>	<u>SIGNATURE</u>	<u>JOB TITLE</u>
1. _____	_____	_____
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