

Ladder safety

Introduction:

Working on ladders can be hazardous. Falls from ladders account many injuries each year.

Hazards to watch for:

- Using a ladder that is not tall enough for the task to be performed safely.
- Reaching out or leaning beyond the siderails of the ladder.
- Broken or slippery rungs.
- Ladders that are not set up straight on firm, even ground.

Safe procedures:

- Inspect all ladders before using them. Look for loose, broken, or missing parts, slippery rungs, skid-resistant features, and movable parts.
- Don't use damaged ladders. Instead, tag them and have the ladders repaired or destroyed.
- Do not use metal ladders near electrical lines.
- Don't tie ladders together.
- Set the ladder on a firm, solid surface.
- Place a straight or extension ladder at an angle so that the ladder's base is one foot out for every four feet of ladder working length (support point to base).
- Face the ladder and use both hands to grip the ladder when climbing or descending.

- Always maintain at least 3 points of contact with the ladder.
- Don't carry tools up a ladder—hoist tools up to you or wear a tool belt.
- Do not stand on the top two steps of a step-ladder or the top four rungs of a straight ladder.
- Do not lean to reach or reach beyond the siderails of the ladder. Get down and reposition the ladder.
- Avoid makeshift portable ladder repairs.
- Do not try to straighten or use a bent ladder. Always have a qualified person perform repairs.

In conclusion:

1. Select the correct ladder for the task.
2. Inspect the ladder before use.
3. Don't take risks on a ladder.
4. Use the ladder for its intended purpose

Let's discuss our best practices for ladder use.