



Eye on Safety | Ladder Safety Month

Ladder safety is one of the topics that can be used in the workplace or at home! You want to be certain that you have the right ladder for the job, that the ladder is in good condition and that you can safely climb up and down the ladder. Be aware of your surroundings and never use a ladder in

high wind.

The following four topics are the focus of ladder safety:

Training and Awareness

- Provide proper training to all individuals who will be using ladders.
- Educate users on ladder safety guidelines, best practices, and potential hazards.
- Instruct users to read and follow all the safety information labels on the ladder.
- Promote a culture of safety awareness where workers actively identify and report ladder safety concerns.

Inspection and Maintenance

Ladders need to be inspected prior to the initial use of each job, to identify any defects that could cause injury to employees. Things to look for during inspection:

- Loose or missing rungs
- Damaged or worn feet
- Warped or damaged rails
- Loose bolts, nails, or screws

Stabilization, Setup, and Accessories

- Pre-plan: Inspect and know the environment and any setup hazards within your work area and address them.
 - Ground is not firm and level – use ladder leveler accessory.
 - Slippery ground conditions – use spiked feet.
 - Irregular top support for BOTH top rails of leaning ladders (e.g., round or square pole, inside corner, outside corner, window gap, etc.)
 - Roof access – tie off ladder at top to resist side movement, extend approximately three feet above the top support point for grasping support, or use a rail extension accessory.
- Position ladder facing (when possible) and close to your work to avoid overreaching

Safe Climbing and Positioning

- Climb slowly and deliberately.
- Follow the three points of contact rule - face the ladder and use both hands while climbing up and down.

- Use a barricade to keep traffic away from the ladder.
- Keep ladders free of any slippery materials.
- The correct angle for a ladder is 75 degrees or the 1 in 4 rule.
- Keep both hands free for climbing. Use a towline, tool belt, or an assistant to lift tools and equipment up to the work area.

Submitted by Bobbie Joering, Safety Administrator