

Ladder safety begins with choosing the right ladder. Consider the type of work the ladder will be used for, the weight the ladder must carry, and the condition of the ladder.

Ryan's Story

Ryan was standing on a 12-foot step ladder to install vinyl siding on a house. The ladder was on loose gravel, and it shifted when he was on the fifth step. Ryan lost his balance and fell. He suffered a major head injury.

- ✘ How could this injury have been avoided?**
- ✘ Do you know anyone who has been hurt while working on a ladder? How could the injury have been avoided?**

Remember This

- Always inspect the ladder before every use. Inspect the rails, rungs, feet, and spreaders or rung locks for defects or damage.
- Do not use a damaged ladder. Mark or tag it "do not use" and request another ladder.
- Always check your ladder's duty rating to make sure it will support you and your tool belt.
- Place the ladder in an area where all feet have a secure, level footing.
- Always face the ladder when moving up or down.
- Always have three points of contact with the ladder to stay balanced.
- Never stand on the top step or very top of the ladder.
- Always position the ladder near your work to avoid overreaching.
- Check to see if there is a safer way to do the work than standing on a ladder.

How can we stay safe today?

What will we do at the worksite to prevent injuries from use of step ladders?

1. _____

2. _____

OSHA Regulation: 1926.1053



- ✘ Check the ladder for damage before using. Do not use if damaged.
- ✘ Make sure all feet of the step ladder have secure footing.
- ✘ Always face the ladder when moving up or down.
- ✘ Always have three points of contact with the ladder, to stay balanced.