

News-Safety Total Awareness Report:

What you need to know



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A Company of the M+W Group

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Topic: Ladder Safety (Part 1)

Practically *all falls* from ladders are caused by using them in an *unsafe manner*.

The person who falls usually gets hurt, and others may be injured also.



A fall from a ladder can kill, disable people for the rest of their lives, or injure them so severely that they are unable to work and earn a living.

All of these possibilities can be avoided by working safely on, and around ladders.

General Safety Rules for All Ladders:

Ladder Selection

1. Choose a ladder with the proper Duty Rating (**maximum weight capacity**), to carry the weight of the user, and any supplies/materials. Duty Rating stickers are required to be affixed to the side of every ladder.
2. Make sure metal steps and rungs are grounded or roughened to prevent slipping.
3. Choose the proper size ladder for the job. Worker's feet must be at least 2 feet below the top of the ladder, and workspace should be about 3 feet above the top of the ladder.

Ladder Inspection

1. Always inspect a ladder before using it. Check all ladders to see that steps or rungs are tight and secure. Be sure that all hardware and fittings are properly and securely attached. Moveable parts should operate without binding or too much free play. Inspect metal and fiberglass ladders for bends and breaks, and wood ladders for cracks and splits.
2. Never use a damaged ladder. Tag it "Defective" and report it to the boss so that it may be removed from the job.



Ladder Setup



1. Make sure ladder feet are firm and even on the floor, and that it is secure before climbing it.
2. Do not set ladder feet on top of boxes, barrels, bricks, blocks or other unstable bases. Avoid this need by choosing the proper ladder.
3. Never use a ladder in high wind, rain, snow, or ice.
4. Never set up a ladder in front of a door unless the door is locked or guarded.
5. Use Safety shoes on ladder feet whenever there is any possibility of slipping.

Ladder Safety - Part 2 in our next issue of News – Safety Total Awareness Report.

Comments and suggestions are always welcomed and encouraged.



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Email Dan Rice at drice@nstargs.com