

News- Safety Total Awareness Report:

What you need to know



December 2011

Topic: Ladder Safety (Part 2)

This section of ladder safety is continued from last month's edition, in which we discussed Ladder Selection, Ladder Inspection, and Ladder Set-up. Click here to view [Ladder Safety Pt 1](#).

Climbing & Standing

1. Keep ladder steps/rungs, and your shoes free of slippery materials like grease, oil, wet paint, mud, snow, ice, paper, etc.
2. Always face a ladder when climbing up or down. Use both hands and maintain a secure grip on the rails or rungs.
3. Keep your feet in the center of the steps/rungs. Make sure your foot is placed firmly on a rung before putting your full weight on it.
4. Never climb a ladder while carrying heavy or bulky loads. Ascend the ladder first empty-handed and then use a rope to pull up the materials.
5. Do not overreach while on a ladder, in any direction. Overreaching is often the cause of ladder-related injury. Always keep your belt buckle between the rails of a ladder. Work as far as you can safely reach, then move the ladder to a new position.
6. Never climb onto a ladder from the side, from above the top, or from one ladder to another.
7. Never slide down a ladder.



Proper Use of Ladders

1. Erect warning signs or barricades to guide people away from the feet of the ladder, or have someone hold and guard the bottom of the ladder while it is in use.
2. If you get sick, dizzy or panicky while on a ladder, do not try to climb down in a hurry. Wait. Drape your arms around the rungs; rest your head against the ladder until you feel better. Then climb down slowly and carefully.
3. Allow only one person at a time on a ladder unless the ladder is specifically designed for two people.
4. Do not ever use a ladder while under the influence of alcohol, drugs, certain medications, or in ill health.
5. Never use metal ladders around exposed electrical wiring. Stay at least 10 feet away from any power line, and if it is 50 kV or more, stay no less than 35 feet away.
6. Never try to move a ladder while you are on it.
7. Do not leave tools or materials on top of ladders. If they fall on you, you can be hurt. If they fall on someone else, your company can be sued.
8. Never push or pull anything sideways while on a ladder. This puts a side load on the ladder and can cause it to tip out from under you.
9. Never use a ladder as a horizontal platform, plank, scaffold, or material hoist.
10. Never use a ladder on a scaffold platform. If you need to reach higher, the scaffold should be higher.

Proper Ladder Care & Storage



1. Maintain the following in good condition: Ladders, Accessories, and Safety Shoes.
2. Wooden ladders for outside use should be treated to prevent weather damage.
3. Store wooden ladders where they will not be exposed to excessive heat or dampness. Store fiberglass ladders where they will not be exposed to sunlight or other ultraviolet light sources.
4. Be sure that ladders are properly supported and secured when in transit. Vibration and bumping against other objects can damage them.
5. Store ladders on racks, which give them proper support when not in use.
6. Never paint a wood ladder. This will cover dangerous cracks or fill and hide them.
7. Never use a metal or fiberglass ladder which has been exposed to fire or strong chemicals, it should be discarded.

Additional Safety Rules for Stepladders

1. Always open a stepladder completely and make sure the spreader is locked open before using the ladder.
2. Never use a stepladder over 20 feet long.
3. Never substitute makeshift devices of wire or rope for stepladder spreaders.
4. Do not stand higher than the second step from the top of a stepladder. Especially, do not stand or sit on the top cap, or stand on the pail shelf, or on the back on a stepladder.
5. Do not straddle the front and back of a stepladder.



Comments and suggestions are always welcomed and encouraged.



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