Ladders - Fall Hazards

LADDERS – FALL HAZARDS

Falls from ladders and stairs account for more than 24,000 injuries and 36 deaths each year.

Falls are the leading cause of death in construction. Since we utilize ladders almost daily it is extremely important that we focus on making this action as safe as possible.

Inspection: Inspect your ladder before each use. Look for –

- Broken or missing rungs or steps
- Broken or split side rails
- Grease, oil, or other hazards on rungs
- Splinters or sharp points
- Secure hardware and fittings
- Foot pads - are they in place and secure?
- Damage to wheels or pulleys on extension ladders.
- Anything else that just doesn’t “look right”

Tips for ladder use:

Never overload your ladder – all ladders should be rated for the load.

Follow the “belly-button” rule – don’t over-extend yourself when on a ladder – reposition it for better reach.

Check the weather – watch for icy or muddy surfaces.

Check your shoes – if you walk through oil, grease, or mud wipe your feet before climbing the ladder.

Take time for proper set-up of your ladder. Set up only on firm, solid surfaces and secure the ladder when possible.

Protect your ladder from traffic. If you are working in an area exposed to foot or equipment traffic, it is recommended that you place cones or flagging around your work area to help avoid contact with traffic.

Maintain your ladder – it is an important tool and proper storage, and handling is a must

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