Ladders

Ladders are a very handy tool for reaching and climbing. However, the potential for injury or even death can be enormous. Ladders must be kept in a safe condition through basic maintenance. Appropriate training in how to use a ladder for tasks is key to safety.

The Student is able to demonstrate safe and correct performance of the following:	**Date**	**Sign-off**	**Notes**
1. Understands the proper use of ladders.			
2. Understands that bookshelves, chairs, tables and other applications should not be used a “makeshift” ladder.			
3. Uses ladder with correct type of feet for the surface.			
4. Checks ladder for weak or damaged rails and loose or broken rungs.			
5. Discards wooden ladders if side rails or steps are broken. Does not paint or repair them.			
6. Ensures rungs, cleats, and steps are level and uniformly spaced.			
7. Ensures rungs are spaced 10 to 14 inches apart.			
8. Uses ladders only for their designed purpose. Uses non-metallic ladders when working on or near electrical equipment.			
9. Keeps area around the top and bottom of a ladder clear.			
10. Keeps ladders free from slipping hazards.			
11. Positions ladder at an angle where the horizontal distance from the top support to the foot of the ladder is ¼ the working length of the ladder.			
12. Faces the ladder and uses both hands when climbing up or down.			
13. Stays within safe limits of balance and never shifts a ladder while standing on it.			
14. Ensures workers are not leaning over or standing on the top two steps of the ladder.			
15. Ensures barriers and warning signs are placed conspicuously to prevent people from walking into the ladder.			
16. Ensures ladders extend 3 feet above the top of the root contact area.			
17. Ensures proper fall protection is used when working at heights > = 6 feet. (6 feet is the uniform height where fall protection is required.)			

Ladders Checklist

The Student is able to demonstrate safe and correct performance of the following:	**Date**	**Sign-off**	**Notes**
1. Does not place ladder - on boxes, barrels, or other unstable bases to obtain additional height. - in front of doors opening toward the ladder unless the doors are blocked, locked or guarded. - on top step of ordinary stepladders as a step.			
2. Does not tie ladders together to make longer sections or use ladders for other intended uses.			
3. Does not load ladder beyond the maximum load for which it was built, or beyond the manufacturer's rates capacity.			
4. Knows that ladder must extend a minimum of three feet beyond the elevated surface when portable ladders are being used to access elevated platforms, roofs or shelving.			
5. Ensures portable metal ladders are marked with a warning, "**DO NOT USE when working near electrical equipment."**			
6. Secures ladders to prevent incidental movement.			
7. Ensures ladders are secured and provided with slip-resistant feet when used on slippery surfaces.			
8. Maintains ladders in good condition with tight joints between steps and side rails. - Ensures all hardware/fittings are securely attached and moveable parts are operating freely without binding or undue play.			
9. Ensures ladder rungs are free of grease and oil.			
10. Ensures rungs are designed or treated to minimize slipping.			
11. Ensures workers know that ladders are designed to support four (4) times the maximum load.			