Ladder Safety

Incorrect Ladder Safety
Background

• **90,000** ladder related injuries that are emergency room treated
• **700** deaths due to elevated falls
• **50%** of ladder related accidents are due to carrying items while climbing
• Main Reasons for Injury:
  • **1** Wrong type of ladder
  • **2** Damaged ladder
  • **3** Incorrect use
  • **4** Incorrect placement

How to use a ladder correctly...

• Inspect condition of ladder before use
• Read safety labels on ladder
• Place ladder on level ground—stable & sturdy surface
• 4-to-1 rule (4’ up, 1’ from wall)
• Make sure one person on ladder at a time
• Three points of contact on ladder at all time
  • Belt buckle/stomach should face the ladder and be in the middle of the rungs
Safety Tips

• Wear slip-resistant shoes (not leather soles)
• Make sure ladder is right size for the job (including supplies brought up on ladder)
• Ask yourself if a ladder is what you should be using (would scaffold or another form increase safety?)
• Do not overreach or lean
• Make sure locks on extension ladder are engaged

Sources

• Ladder picture: https://www.opensesame.com/system/files/images/ladder%20safety_0.jpg
• 4-to-1 Rule picture: http://chainsawjournal.wpengine.netdna-cdn.com/wp-content/uploads/2016/06/ladder-angle.jpg
• Yellow Ladder picture: http://www.theintegratedgroup.com/wp-content/uploads/2015/04/Ladders.jpg
• http://www.americanladderinstitute.org/?page=BasicLadderSafety
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