Ladder Safety Topic



Hazards and safety tips for working with ladders and stairways

OSHA has developed detailed regulations related to the proper design and use of ladders and stairways in construction (29 CFR 1926 Subpart X). Unfortunately due to careless construction, use and/or maintenance – ladders and stairways are a frequent cause of falls or injuries.

Ladder Safety Tips

- Before use, inspect ladder for faults, (i.e. broken/damaged rungs or rails) check the footings to ensure the non-skid surface is still viable. For extension ladders, inspect pulleys, ropes and locks for excessive wear.
- Should a ladder be deemed unsafe, clearly tag and take out of service. If it cannot be fixed, make sure it is disposed of properly.
- Always set a ladder on level and stable surfaces. Be mindful of mud- as muddy surfaces cause the ladder to shift.
- Never attempt to lengthen a ladder. If the ladder is too short- you’re using the wrong ladder.
- At a minimum the ladder should reach three feet above the “point of support” and…