

## Task: Ladder Procedure

Date: March 2006

PPE: Hard Hat, Safety Glasses, Hearing Protection, Safety Boots		
Task/Activity:	Potential Hazards	Recommended Procedures
1. Choose the right ladder for the job: step or extension		
2. Inspect ladder	a) bent or damages parts b) loose steps c) rubber stoppers missing	a) tag ladder, include defects
3. Check duty rating	a) workers heavier than ladder rating could topple ladder	a) 220lb (light duty) grade 3 b) 222lb (med. duty) grade 2 c) 250lb (heavy duty) grade 1 d) 300lb (extra duty) grade 1A
4. Ensure ladder is correct length for job	incorrect size could result in accident	a) step ladders - do not step on top step/paint tray b) extension ladders - must overlap top of building or supprt by: 3 rungs for under 32' 4 rungs for 32' - 36' 5 rungs for 36' - 48' 6 rungs for 48' +
5. Position ladder correctly	a) steel ladder could conduct electricity b) improperly positioned ladder could rock and/or fall	a) stay away from power lines; if not, use fiberglass ladder b) lean at 75 degree angle with ground * c) do not overload ladder d) ensure spreader arms are correctly fastened and secure
6. Tie ladder in with a secure device	a) ladder could rock and/or fall	a) ensure ladder is anchored at top and bottom
7. Climb ladder	a) slips/falls could occur	a) ensure boots are clean and have sufficient grip on soles b) maintain 3-point contact at all times c) only one person on ladder at a time

\* to ensure correct ladder angle: divide the height from the ground to the top ladder support by 4.