

Safety Note #3

LADDER SAFETY



According to the US Bureau of Labor Statistics, there were over 150 fatal work injuries and over 15,000 nonfatal ladder injuries since 2020. The leading cause of ladder-related accidents is improper use of ladders. [Title 8, Section 3276 of the California Code of Regulations \(CCR\)](#) requires that all employees shall be trained prior to using a ladder.

Ladder Selection:

Portable ladders are generally designed for one-person use to meet the requirements of the person, the task, and the environment. Ladders are assigned a duty rating that indicates the maximum load (combined weight of user and materials) the ladder may carry. Ladders should be selected according to the anticipated maximum load as follows: Type III light-duty ladders are duty-rated for 200 pounds; Type II medium-duty ladders are duty-rated for 225 pounds; and Type I heavy-duty ladders are duty-rated for 250 pounds. Aluminum ladders are not suitable for work that may involve contact with electrical currents.

Ladder Precautions:

- Always inspect the ladder for defects (e.g., damaged rungs, steps, braces) before using. Wood ladders can crack and splinter over time and should be inspected frequently.
- Ladders shall be free of oil, grease, or slippery materials.
- Any ladder with defects must be removed from use by attaching a red tag that states "DO NOT USE." Complete red tag with appropriate information.
- Always set ladder on a solid, level surface.
- Stepladders should be fully opened with spreaders locked.
- Extension ladders should be placed at a four-to-one ratio (i.e., ladder base should be one foot out for every four feet of height to the support point).
- Always assure all locks on extension ladders are properly engaged.
- Never place a ladder in front of a door that is not locked, blocked, or guarded.
- If an extension ladder is to be used to climb on a roof, there should be 3 feet (or 3 rungs) extending beyond the edge of the roof.
- Always mount ladders from the center and climb/descend the ladder using both hands.
- Never step on the top two rungs or top step of any ladder or platform of a stepladder.
- Never "walk" a stepladder while standing on it.
- Never place a ladder against a windowpane or sash.
- Never use ladders during strong winds or storms.
- Never stand on a rung or step and face away from the ladder.
- Never carry equipment or materials which prevent the safe use of the ladder.
- Utilize [NIOSH Ladder app](#) for proper setup.

