

Required Worker Education – Portable Ladders

The hazards associated with ladders, including:

- Falls from ladders
- Struck by falling ladders
- Struck by materials falling from ladders
- Tripping over ladders (erect, lying on floor or improperly stored)
- Lifting of heavy ladders
- Striking persons or objects when carrying a ladder
- Contact with electrical equipment

Worker should be trained on the following aspects of ladder safety

1. Select the right ladder for the job
2. Inspect the ladder prior to use (see inspection checklist)
3. Ensure ladders are set on flat stable surface
4. When climbing ladder, make sure boots and rungs are clear of snow, ice, mud and grease.
5. Protect base of ladder from contact with traffic (human or vehicle) by warning tape, safety cone or spotter present at the base.
6. One person on a ladder at a time
7. To know and respect the duty or load rating of the ladder
8. Hoist material using a rope rather than carry materials in your hand
9. Tools should be in your tool belt while moving up or down the ladder so as to keep your hands free
10. How to Set up a ladder
11. How to Secure a ladder
12. Get help when moving a long or heavy ladder
13. Maintain 3 point contact with a ladder at all time
14. No part of the torso to extend beyond the side rails of the ladder
15. Worker not to step on top two rungs of ladder unless it is a stepladder with a railed platform at the top or the manufacturers specifications permit it.
16. Electrical hazards when working on a ladder