



Things to Do Before Training

- Have a step ladder ready to show to the work crew.
- Be prepared to talk about jobs on the project for which step ladders will be used.
- In the index of the *Cal/OSHA Pocket Guide for the Construction Industry*, look up **Ladder** and read the pages listed.



Introduction

Falls don't have to be from high levels to cause serious injury.

Ladder injuries occur because workers slip or the ladder slips. They can also happen when the ladder or worker is struck. Simple precautions can prevent injuries from occurring.

QUESTIONS TO ASK

- Have you or someone you know had an injury related to a step ladder? What could have been done to prevent it?
- What are the step ladder hazards on this job?
- What are the steps for setting up and using a step ladder properly? What should we avoid doing when using a step ladder?
- How should we get tools or materials up to the location where they are needed without carrying them up the ladder?
- Are there jobs for which it would be safer to use a scissor lift or a mobile platform?

SAFETY BREAK

ACTIONS TO TAKE

- Inspect the step ladder together to make sure it is in good shape. If it is broken or defective, don't use it. Defective ladders should be disposed of properly.
- Discuss where and how the step ladder will be used safely on this job.

Key Points to Keep in Mind

Examples of hazards:

- Broken or defective ladders
- Ladders on slippery or uneven surfaces
- Ladder rungs or shoes that have mud, grease, or other slippery material on them
- Carrying tools or materials up or down a ladder
- Using metal ladders near live electrical parts

Step Ladder Do's:

- Always **open the step ladder fully** before using it and **lock the spreader arms** securely in the open position.
- When climbing up or down a step ladder, always face the ladder and **maintain three-point contact** with two hands and a foot or two feet and a hand.
- Use a tool belt** to keep your hands free, or pull equipment and materials up with a line.
- Whenever possible, **use step ladders for access** – not as work platforms. It is often safer to work from scaffolding, a scissor lift, or boom lift.
- Select the appropriate step ladder for the job. Type I, Industrial, 3 to 20 ft, is for heavy duty contractor use. Type II, Commercial, 3 to 12 ft, is for painters, light duty and office use.

Step Ladder Don'ts:

- Don't use a damaged, defective, or overly worn step ladder.
- Don't use an unopened step ladder as a straight or extension ladder.** The feet are not designed for this use.
- Don't stand higher than the second step from the top.**
- Never straddle the space between a step ladder and another point.
- Never reach far to do your work.** If you are leaning to the right, left, or backwards, you should move the ladder into a better position.