

Great Western Painting

Ladder Safety

LADDERS

Scope, application, and definitions applicable to this subpart. - 1926.1050

General requirements. - 1926.1051

Ladders. - 1926.1053

Training requirements. - 1926.1060

All employees using ladders are required by OSHA standard to receive training and understand proper procedures for ladder use before using a ladder in a work situation.

All ladders, both portable and fixed, will be inspected periodically by a competent person for visible defects. Additionally, ladders will be inspected after an occurrence that could affect their safe use. Defective ladders will be tagged with a "Do Not Use" tag and placed out of service.

American National Standards Institute (ANSI) and NIOSH approval labels should never be covered with paint or tape. Having ladders that are constructed to standard will prevent collapse and resultant falls.

Specific operational procedures for ladders directly relating to the elimination of fall hazards are listed below:

- a. a stairway or a ladder will be provided at all personnel points of access where there is a break in elevation of 19 inches or more.
- b. ladders will never be overloaded. Be aware of the ladder's rated capacity. Ladders may not be loaded beyond the manufacturer's rated capacity.
- c. ladder rungs, cleats, and steps must be parallel, level, and uniformly spaced when a ladder is in position for use.
- d. ladders will not be tied or fastened together unless they are so designed.
- e. portable ladders used for gaining access to an upper level will extend at least 3 feet above the upper landing surface or the ladder will be secured at its top.
- f. ladders must be free of oil, grease, or other slipping hazards.
- g. ladders must be used for the purpose for which they were designed.
- h. non-self supporting ladders will be used at an angle that the horizontal distance from the top support to the foot of the ladder is approximately $\frac{1}{4}$ of the working length of the ladder.
- i. ladders will only be used on stable and level surfaces unless secured to prevent displacement.

- j. ladders shall not be used on slippery surfaces unless secured or provided with slip-resistant feet to prevent accidental displacement.
- k. ladders placed in any location where they can be displaced by workplace activities or traffic will be secured to prevent accidental displacement, or a barricade will be used to keep the activities or traffic away from the ladder.
- l. the area around the top and bottom of the ladder shall be kept clear.
- m. ladders shall not be moved, shifted, or extended while occupied.
- n. the top step of a stepladder shall not be used as a step.
- o. portable ladders with structural defects will be immediately marked in a manner that readily identifies them as defective and removed from service until repaired.
- p. when ascending or descending a ladder, one must face the ladder.
- q. employees must use at least one hand to grasp the ladder when progressing up and/or down the ladder.
- r. employees are not to carry any object or load that could cause loss of balance and a resultant fall.
- s. never use a ladder in a horizontal position or as scaffolding.
- t. never place a ladder on top of boxes, crates, etc..

Fixed ladders where the length of climb is less than 24 feet but the top of the ladder is greater than 24 feet above the lower level must have cages, wells, ladder safety devices, or self-retracting lifelines.

Fixed ladders where the length of climb equals or exceeds 24 feet shall have at least one of the following:

- a. ladder safety devices;
- b. self-retracting lifelines and rest platforms not exceeding 150 feet;
- c. a cage or well, and multiple ladder sections not exceeding 50 feet in length. At the maximum interval of 50 feet, ladder sections will be offset on landing platforms.