

# LADDER SAFETY TIPS



Ladders are common everyday tools that many workers take for granted. As you read the safety guidelines, you may say: "I know that, that's just plain common sense." You can avoid a ladder injury if you think before you act and use ladders correctly. Your work will be easier and more productive, too. Most ladder related injuries are preventable, if you think before you climb.

## THE "RIGHT" WAY TO USE A LADDER THE "WRONG" WAY TO USE A LADDER



**RIGHT**  
Properly set-up and use the ladder in accordance with safety instructions and warnings. Wear shoes with non-slip soles.



**RIGHT**  
Center body on the ladder and keep belt buckle between the rails while maintaining a firm grip.



**WRONG**  
DON'T stand above the second step from the top of a step ladder or the fourth rung from the top of an extension ladder.



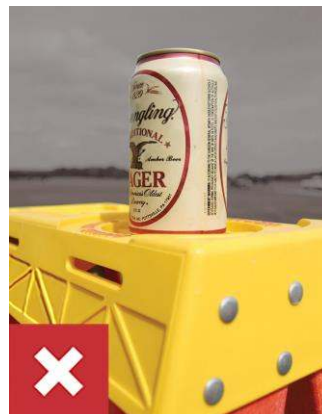
**WRONG**  
DON'T climb on the back of a stepladder. DON'T stand or sit on a stepladder top or rail shelf.



**RIGHT**  
Haul materials with a line rather than carry them up an extension ladder. Use extra caution when carrying anything on a ladder.



**RIGHT**  
Climb facing the ladder, move one step at a time and firmly set one foot before moving the other.



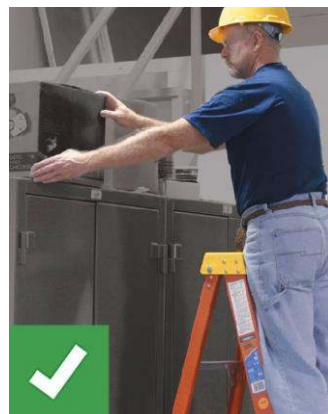
**WRONG**  
DON'T climb a ladder if you are not physically and mentally up to the task.



**WRONG**  
DON'T climb a closed ladder, it may slip out from under you.



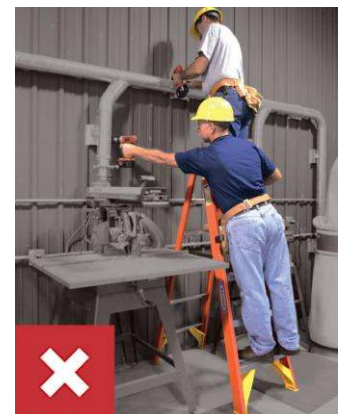
**RIGHT**  
Have another person help with a heavy ladder. Have another person hold the ladder while you are working on it.



**RIGHT**  
Move materials with extreme caution. Be careful pushing or pulling anything while on a ladder. You may lose your balance or tip the



**WRONG**  
DON'T over-reach, lean to one side or try to move a ladder while on it. Climb down and then re-position the ladder closer to your work.



**WRONG**  
DON'T exceed the maximum load capacity or duty rating of a ladder. DON'T permit more than one person on a single-sided stepladder

# LADDER INSPECTION CHECKLISTS

All ladders should be thoroughly inspected from top to bottom before every use. Ladders can be damaged while in transit or storage, and through misuse and abuse. Examine the ladders carefully for damaged or missing parts. Never use a bent or damaged ladder or one that has been exposed to excessive heat or acid.



**DOWNLOAD LADDER SAFETY TRAINING**

## STEPLADDER

Size: \_\_\_\_\_ ft.



Circle Areas of Damage

- Fiberglass
- Aluminum
- Wood

6206

	YES	NO
<b>Steps:</b> Loose, cracked, bent, or missing	<input type="checkbox"/>	<input type="checkbox"/>
<b>Rails:</b> Cracked, bent, split or frayed rail shields	<input type="checkbox"/>	<input type="checkbox"/>
<b>Labels:</b> Missing or not readable	<input type="checkbox"/>	<input type="checkbox"/>
<b>Pail Shelf:</b> Loose, bent, missing, or broken	<input type="checkbox"/>	<input type="checkbox"/>
<b>Top:</b> Cracked, loose, or missing	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spreader:</b> Loose, bent, or broken	<input type="checkbox"/>	<input type="checkbox"/>
<b>General:</b> Rust, corrosion, or loose	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other:</b> Bracing, shoes, or rivets	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

### ACTIONS:

- Ladder tagged as damaged and removed from use
- Ladder is in good condition

## PODIUM

Size: \_\_\_\_\_ ft.



Circle Areas of Damage

- Fiberglass
- Aluminum

PD6204

	YES	NO
<b>Steps:</b> Loose, cracked, bent, or missing	<input type="checkbox"/>	<input type="checkbox"/>
<b>Rails:</b> Cracked, bent, split or frayed rail shields	<input type="checkbox"/>	<input type="checkbox"/>
<b>Labels:</b> Missing or not readable	<input type="checkbox"/>	<input type="checkbox"/>
<b>Top:</b> Cracked, loose, or missing	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spreader:</b> Loose, bent, or broken	<input type="checkbox"/>	<input type="checkbox"/>
<b>Platform:</b> Cracked or bent	<input type="checkbox"/>	<input type="checkbox"/>
<b>General:</b> Rust, corrosion, or loose	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other:</b> Bracing, shoes, or rivets	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

### ACTIONS:

- Ladder tagged as damaged and removed from use
- Ladder is in good condition

**EXTENSION LADDER**

Size: \_\_\_\_\_ ft.



- Fiberglass
- Aluminum

Circle Areas of Damage

D6224

	YES	NO
<b>Rungs:</b> Loose, cracked, bent, or missing	<input type="checkbox"/>	<input type="checkbox"/>
<b>Rails:</b> Cracked, bent, split, or frayed	<input type="checkbox"/>	<input type="checkbox"/>
<b>Labels:</b> Missing or not readable	<input type="checkbox"/>	<input type="checkbox"/>
<b>Rung Locks:</b> Loose, bent, missing, or broken	<input type="checkbox"/>	<input type="checkbox"/>
<b>Hardware:</b> Damaged, loose, or missing	<input type="checkbox"/>	<input type="checkbox"/>
<b>Shoes:</b> Worn, broken, or missing	<input type="checkbox"/>	<input type="checkbox"/>
<b>Rope / Pulley:</b> Loose, bent, or broken	<input type="checkbox"/>	<input type="checkbox"/>
<b>General:</b> Rust, corrosion, or loose	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other:</b> Bracing rivets	<input type="checkbox"/>	<input type="checkbox"/>
<b>ACTIONS:</b>	<input type="checkbox"/>	<input type="checkbox"/>

- Ladder tagged as damaged and removed from use
- Ladder is in good condition

**LEANSAFE**

Size: \_\_\_\_\_ ft.



- Fiberglass
- Aluminum

Circle Areas of Damage

L6206

	YES	NO
<b>Steps:</b> Loose, cracked, bent, or missing	<input type="checkbox"/>	<input type="checkbox"/>
<b>Rails:</b> Cracked, bent, split or frayed rail shields	<input type="checkbox"/>	<input type="checkbox"/>
<b>Labels:</b> Missing or not readable	<input type="checkbox"/>	<input type="checkbox"/>
<b>Hinge Mechanism:</b> Loose, bent, missing, or broken	<input type="checkbox"/>	<input type="checkbox"/>
<b>Top:</b> Cracked, loose, or missing	<input type="checkbox"/>	<input type="checkbox"/>
<b>Spreader:</b> Loose, bent, or broken	<input type="checkbox"/>	<input type="checkbox"/>
<b>General:</b> Rust, corrosion, or loose	<input type="checkbox"/>	<input type="checkbox"/>
<b>Other:</b> Bracing, shoes, or rivets	<input type="checkbox"/>	<input type="checkbox"/>
<b>ACTIONS:</b>	<input type="checkbox"/>	<input type="checkbox"/>

- Ladder tagged as damaged and removed from use
- Ladder is in good condition



[Werner Ladder - Seguridad con las escaleras](#)

Al analizar este curso, podrá seleccionar la escalera apropiada para su trabajo, inspeccionarla correctamente, manipularla y transportarla para evitar daños y conocer las maneras adecuadas de utilizar la escalera de manera segura.