

Ladders

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Small Tool, Big Risk

Ladder injuries happen fast and usually result from poor selection or improper use.



Ideas for the Talk

- Stepladders used while folded or workers standing on the top step.
- Extension ladders not secured at the top or bottom.
- Carrying tools or materials while climbing.



Explanation of the Dangers of Violations

- Ladder misuse often leads to falls, which can cause head injuries, fractures, and internal injuries.
- Many ladder incidents occur because the ladder was the wrong type for the job or was set up improperly.
- Short-term injuries may result in lost workdays.
- Long-term effects can include chronic pain or permanent mobility issues.



Demonstration Tips

- Demonstrate the 4:1 rule for extension ladder setup.
- Show how to maintain three points of contact while climbing.



Key Talking Points

- Select the correct ladder type and height for the task.
- Secure ladders before use and inspect them daily.
- Never overreach or stand on top steps or rungs.



Engagement Questions

- What ladder mistakes do you see most often?
- How do you know when a ladder should be removed from service?
- When should a lift or scaffold be used instead?



Closing Questions

- What ladder will you be using today?
- Who is responsible for removing damaged ladders?
- Will you speak up if you see unsafe ladder use?

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