

MODULE 1-12

LADDERS

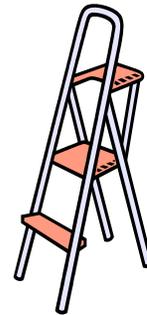
ALL EMPLOYEES ARE TO BE TRAINED PRIOR TO USING EQUIPMENT



I. Pre Operation

Inspection/Service

- **Damage** - Inspect for damage, hardware in place, and that the ladder is not fatigued. If it can't be returned to the manufactured condition, it can't be fixed. Dispose of it.
- **Tightness** - All joints between steps, rungs, and rails must be tight.
- **Safety Feet** - Safety feet must be in good working order & in place.
- **Rungs** - Rungs must be free of grease and/or oil.
- **Warnings** - Warning stickers must be in place for electrical use on aluminum ladders.
- **Ladder Type** - Ladders should be a Type I or IA.
- **Lockout/Tagout if repairs are needed.**



II. Operation

Starting

- **Appropriate ladder** - Use the right ladder for the right job.
- **Step ladder** - Will it be high enough for the type of job?
- **Extension ladder** - For every 4' in height it should be set back 1'. The ladder needs to extend 36" above exit point. Use this type of ladder to gain access to the roof.

Personal Protective Equipment

- **Tool Belt** - Use a tool belt or rope when carrying tools up a ladder.
- **Footwear** - Appropriate footwear will be worn when using ladders.
- **PPE** - Gloves and a hard hat may be required PPE. If working 10' or more above the ground, fall protection equipment or devices are required.

Site Assessment

- **Overhead Hazards** - Watch for electric lines/sources.
- **Footings** - Always on solid ground. Footings should not be in water, and not in the bed of a truck.
- **Wooden Ladders** - Wooden ladders should not be painted.

Operation

- **Step ladder** - Don't use top two rungs. Do not use the unfolded step ladder as a straight ladder.
- **Always face ladder** when ascending and descending.
- **Hands free** - Persons are to have both hands free when ascending and descending. Use three points of contact when using a ladder.
- **Standing on Ladder** - Never stand on the top two rungs of any ladder.
- **Tools** - Never put tools on top rung of ladder. Keep the top of the ladder area free of debris.

OYA OFFENDER JOB TRAINING MODULES

- **Moving a ladder** - When moving a ladder, make sure nothing is on top of the ladder. Avoid overhead hazards when moving a ladder. Plan your path before moving the ladder.
- **Spotters** - Persons holding ladders for additional support are to have eye and head protection. Only one person is to be on a ladder at a time.
- **Tie Off Ladders** – When possible, ladders are to be tied off to prevent the ladder from slipping.
- **Step off** – If you working from a ladder and are 10 feet or more above the ground, you need fall protection.

III. Post Operation

- Clean and inspect for damage or additional maintenance prior to checking in.
- Clean before storing.
- Dispose of ladder, if it is damaged.

IV. Demonstration and Proficiency

- All persons trained in ladder use are required to demonstrate their proficiency prior to signing the training roster.

Examples of what NOT to do!



Can you say “electrocution?”

Would you feel safe on this contraption?



3 buckets a ladder DO NOT make



Hay bales are not scaffolding.

OYA OFFENDER JOB TRAINING MODULES

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LADDERS TEST

Multiple Choice:

1. Extension ladders should be set for use at:
 - a) 1-4 ratio.
 - b) 1-2 ratio.
 - c) Against any object.
 - d) At any angle.
 - e) All of the above.
2. An example of Personal Protective Equipment (PPE) required for safe ladder operation less than ten feet off of the ground is:
 - a) Open toed sandals.
 - b) Short leather pants with zippered pockets.
 - c) Appropriate footwear, gloves and a helmet.
 - d) None of the above
3. During the site assessment before the task, you should consider:
 - a) Electric lines above ladder.
 - b) Make sure ladder is on a hard level surface.
 - c) It is okay to stand the ladder in mud holes or in a bed of a pickup.
 - d) a and b.

True/False:

4. _____ It is ok to stand on the top rung of any ladder.
5. _____ It is ok to hold on to electric lines to steady the ladder if both of your feet are on the ladder.
6. _____ Always check the ladder for structural integrity before using.
7. _____ Never use one hand to climb and the other to carry tools.
8. _____ Have a co-worker climb up the ladder and bring your tools.
9. _____ It is ok to use ladders with bottom rungs missing.
10. _____ Use the top rung of the ladder, if it is a step ladder.
11. _____ On a step ladder, have your co-worker climb up the other side to bring you tools.
12. _____ It is ok for your coworker to climb the other side of the ladder while you on it.
13. _____ You should always have 3 points of contact with the ladder when using a ladder.
14. _____ You can hop the ladder over to the next place you need to work at.
15. _____ As long as you have someone holding the ladder, it doesn't matter what the ladder footing is.
16. _____ As long as you don't step off the ladder when working over 10 feet, you don't need fall protection.

Discussion Questions:

1. What should you look for when inspecting a ladder?
2. What type of inherent hazards do ladders pose to persons?
3. What types of ladders are best suited for what types of tasks?

Employee Name: _____ Pass _____ No Pass _____ Date _____