Archdiocese of Seattle

LADDER

SAFETY
LADDER SAFETY

What first?

1. Information
2. Review Knowledge
LADDER SAFETY

or
LADDER SAFETY

What first?

1. Review Knowledge
2. Information
LADDER SAFETY

Let’s Test You Knowledge
LADDER INSPECTION
LADDER INSPECTION

- Look over your ladder carefully when you buy it and each time before climbing.
- Look for missing, damaged or loose components.
LADDER INSPECTION

- Make sure that working parts move properly and that all connections are secure.
- Carefully check spreaders, extension ladder locks, flippers and safety shoes.
CARE & MAINTENANCE
CARE & MAINTENANCE

- Keep ladders in good condition.
- Clean spills or drips and keep the ladder free from oil, paint and other slippery materials.
- Lightly lubricate moving parts.
CARE & MAINTENANCE
CARE & MAINTENANCE

- Store ladders out of the reach of children.
- Firmly support and protect ladders from heat, weather and corrosive materials.
SAFETY BEFORE YOU CLIMB
SAFETY BEFORE YOU CLimb

- Fully open the stepladder and firmly lock both spreaders.
- Position the ladder so you can face your work and do not have to lean sideways.
SAFETY BEFORE YOU CLIMB
SAFETY BEFORE YOU CLIMB

- Be sure that all ladder feet are on firm, level ground.
- Don’t place a ladder on slippery surfaces or place loose materials underneath a ladder.
SAFETY BEFORE YOU CLIMB

- Place the extension ladder top so both rails are fully supported.
- Support area should be at least 12" wide on both sides of the ladder.
SAFETY BEFORE YOU CLIMB
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- Use fiberglass ladders if there is even a remote possibility of working near electricity or overhead power lines.
- Fiberglass side rails are electrically non-conductive.
SAFETY BEFORE YOU CLIMB
SAFETY BEFORE YOU CLIMB

4 to 1 Rule

- Set up your ladder at the required angle
- For every 4 feet up, place the base of the ladder 1 foot from the wall or upper support that it rests against.
SAFETY BEFORE YOU CLIMB

4 to 1 Rule

- Set up your ladder at the required angle
- For every 4 feet up, place the base of the ladder 1 foot from the wall or upper support that it rests against.
SAFE CLIMBING HABITS

THE RIGHT WAY

THE WRONG WAY
SAFE CLIMBING HABITS

THE RIGHT WAY
SAFE CLIMBING HABITS
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SAFE CLIMBING HABITS

THE RIGHT WAY

- Be sure your ladder has been properly set-up and is used in accordance with safety instructions and warnings.
- Wear shoes with non-slip soles.
SAFE CLIMBING HABITS
THE RIGHT WAY
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THE RIGHT WAY

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SAFE CLIMBING HABITS
THE RIGHT WAY
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THE RIGHT WAY

- Keep your body centered on the ladder.
- Hold the ladder with one hand while working with the other.
- Never let your belt buckle pass beyond either ladder rail.
SAFE CLIMBING HABITS

THE RIGHT WAY
SAFE CLIMBING HABITS
THE RIGHT WAY

- Move materials with extreme caution.
- Be careful pushing or pulling anything while on a ladder.
- You may lose your balance or tip the ladder.
SAFE CLIMBING HABITS
THE RIGHT WAY
SAFE CLIMBING HABITS
THE RIGHT WAY

- Climb facing the ladder.
- Center your body between the rails.
- Maintain a firm grip.
- Always move one step at a time, firmly setting one foot before moving the other.
SAFE CLIMBING HABITS

THE RIGHT WAY
SAFE CLIMBING HABITS
THE RIGHT WAY

- Get help with a ladder that is too heavy to handle alone.
SAFE CLIMBING HABITS
THE RIGHT WAY
SAFE CLIMBING HABITS

THE RIGHT WAY

- Haul materials up on a line rather than carry them up an extension ladder.
- Use extra caution when carrying anything on a ladder.
SAFE CLIMBING HABITS

THE WRONG WAY
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- Never use a damaged ladder.
- Damaged ladders must be tagged for repair or disposal.
SAFE CLIMBING HABITS
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- Don’t stand above the highest safe standing level.
SAFE CLIMBING HABITS

THE WRONG WAY
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THE WRONG WAY

- Never climb a closed stepladder. It may slip out from under you.
SAFE CLIMBING HABITS

THE WRONG WAY
SAFE CLIMBING HABITS

THE WRONG WAY

- Don’t stand or sit on a stepladder top. You could easily lose your balance or tip the ladder.
- Ladder tops warn users not to stand or sit on them.
SAFE CLIMBING HABITS
THE WRONG WAY
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THE WRONG WAY

- Never permit more than one person on a single-sided stepladder or on any extension ladder.
- They are designed to hold only one person at a time.
SAFE CLIMBING HABITS
THE WRONG WAY
SAFE CLIMBING HABITS

THE WRONG WAY

- Do not place the base of an extension ladder too close to the building as it may tip over backward.

- Do not place the base of an extension ladder too far away from the building, as it may slip out at the bottom.
SAFE CLIMBING HABITS

THE WRONG WAY
SAFE CLIMBING HABITS

THE WRONG WAY

- Don’t climb on or off a ladder from the side.
- You could push the ladder away and fall.
SAFE CLIMBING HABITS

THE WRONG WAY
SAFE CLIMBING HABITS

THE WRONG WAY

- Never leave a ladder unattended. This may present a hazard to others in the area.
- Do not allow children to play or climb on ladders.
SAFE CLIMBING HABITS

THE WRONG WAY
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THE WRONG WAY

Never try to move a ladder while on it by bouncing or “walking” the ladder.

Step down and carry the ladder to the new working position.
SAFE CLIMBING HABITS

THE WRONG WAY
SAFE CLIMBING HABITS

THE WRONG WAY

- Never position the ladder where it blocks foot traffic, work vehicles, or where it could be bumped by a door.
- If it is necessary to use a ladder in front of a door, lock or barricade the door and put up a caution sign.
SAFE CLIMBING HABITS

THE WRONG WAY
SAFE CLIMBING HABITS
THE WRONG WAY

- Don’t place blocks, bricks or other loose materials under a ladder to adjust for unlevel ground.
SAFE CLIMBING HABITS

THE WRONG WAY
SAFE CLIMBING HABITS

THE **WRONG** WAY

- Don’t over-reach, lean to one side or stand on one foot.
- You could lose your balance or tip the ladder.
SAFE CLIMBING HABITS
THE WRONG WAY
SAFE CLIMBING HABITS

THE WRONG WAY

- Never attempt to cut anything on a ladder.
- Only use a properly equipped ladder or a saw horse.
SAFE CLIMBING HABITS
THE WRONG WAY
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THE WRONG WAY

- Don’t climb down a ladder with your back to the ladder.
- You could easily slip or fall.
SAFE CLIMBING HABITS

THE WRONG WAY
SAFE CLIMBING HABITS

THE WRONG WAY

- Never drop or throw ladders.
- Doing so can damage or weaken them and cause serious injury to others.
SAFE CLIMBING HABITS

THE WRONG WAY
SAFE CLIMBING HABITS

THE WRONG WAY

- Don’t climb from one ladder to another.
- You may tip the ladder or slip and fall.
SAFE CLIMBING HABITS

THE WRONG WAY
SAFE CLIMBING HABITS

THE WRONG WAY

- Never climb a closed stepladder.
- It may slip out from under you.
SAFE CLIMBING HABITS
THE WRONG WAY
SAFE CLIMBING HABITS

THE WRONG WAY

- Don’t climb on the back of a single sided stepladder. It is not designed to carry a person’s weight.
- Doing so can damage the ladder or result in an injury.
FINAL REVIEW
FINAL ADVICE

Dont help
Take a picture