

HPI Minute: Ladder Safety

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LADDER SAFETY **Falling Hurts**

- Use ladders according to directions
- Never climb shelving or boxes



Statistics

- Falls remain a **leading cause of unintentional injury and death** across the country
- **130,000** people visit the emergency room per year for ladder related injuries
- **300** ladder related deaths per year
- **43** percent of fatal falls nationwide involve a ladder
- **Falls** are the leading cause of deaths in an around the home

USACE Fatality



- The employee was on an 8 foot ladder attempting to take a picture with their phone of a data plate on a lightning arrester.
- The ladder tipped over and employee fell approximately 5 feet onto a concrete footing.
- Employee was treated on site, evacuated to the hospital, and later pronounced dead.

5 Rules of Ladder Safety*

Rule 1: select the right ladder for the job

Rule 2: inspect the ladder before using it

Rule 3: set up the ladder with care

Rule 4: climb and descend ladders cautiously

Rule 5: use common sense

* Alliance Safety Council

Checklist Manifesto

Two types of mistakes:

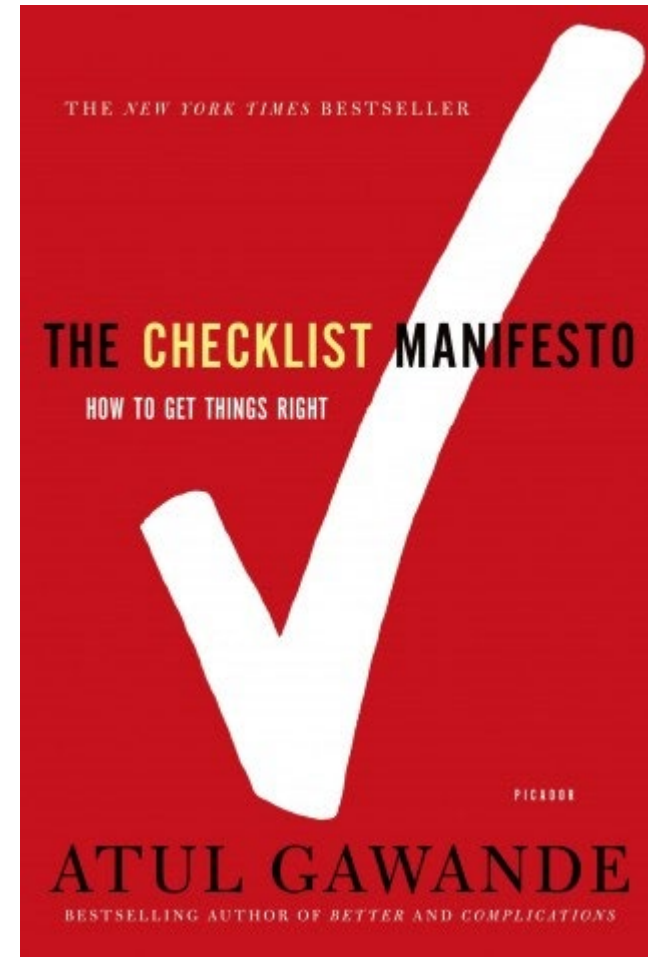
- Ignorance, mistakes because we don't know enough
- Ineptitude, mistakes because we don't apply what we know

Checklists improve outcomes

Checklists don't tell you what to do, they help you be as smart as possible

Good Checklists are:

- Precise
- Efficient
- Reminders of critical steps
- Practical



OSHA Ladder Usage Checklist

- Be sure step ladders are fully open and locked before climbing them.
- Place ladder on a flat, secure surface.
- Place ladder on a hard surface as it will sink into a soft surface.
- Place ladder on non-movable base.
- Lean ladder against a secure surface, not boxes or barrels.
- Do not place ladder in front of a door.
- Position base of ladder one foot away for every four feet of height to where it rests (1:4 ratio).
- Ladder rails should extend at least three feet above top landing.
- Check shoes to ensure they are free of grease or mud.
- Mount the ladder from the center, not from the side.
- Face ladder when ascending or descending, and hold on with both hands.
- Carry tools in pockets, in a bag attached to a belt, or raised and lowered by rope.
- Don't climb higher than the third rung from the top.
- Work facing the ladder.
- Do not overreach, always keep your torso between the ladder rails.
- When using ladder for high places, securely lash or fasten the ladder to prevent slipping. Avoid outdoor ladder use on windy days.
- Avoid aluminum ladders if work must be done around electrical wires or power lines.

Before you climb a ladder Checklist

- Correct type
- Good condition
- Secure, stable footing
- Tall enough to stop at third rung from the top
- Properly positioned
- Positioned to avoid over-reaching
- Tell someone what you are doing