

Step Ladder Safety TECHNICAL BULLETIN

Step ladders are used every day in workplaces and on jobsites. Whether step ladders are part of your regular work routine or just used occasionally, it's important to understand the basics of step ladder safety. The Consumer Products Safety Commission reports that more than 90,000 people receive emergency room treatment for ladder-related injuries each year. Choosing the proper ladder, conducting inspections, setting them up correctly, and following user safety guidelines will minimize these incidents.

Start with the right ladder

Not every step ladder is right for every task. Make sure you have the right-sized ladder that will provide safe access to the height you need. You should also verify the weight capacity is adequate for both you and any equipment you'll be using. Make sure the ladder has adequate rungs to prevent your feet from slipping and to avoid foot fatigue while working.

Inspect before using

Ladders should be inspected before each day's use and after any drop, fall, or suspected damage has occurred. Check all rungs to be sure they're securely in place. There should be no missing bolts, rivets, or fasteners. Side rails should be solid with no damage. Feet should be securely attached.

Set up

Have a second person help carry large, heavy ladders. Step ladders should be set up on a level surface with enough space to open them fully. Spreader braces should be completely locked. The safety feet should be flat on the ground or floor.



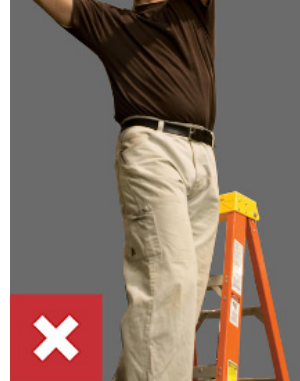
Climbing the step ladder

Center your body on the ladder. Climb facing the ladder, move one step at a time and firmly set one foot before moving the other. Maintain three points of contact whenever possible.

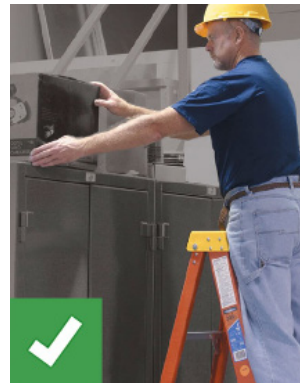
Working on a step ladder

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

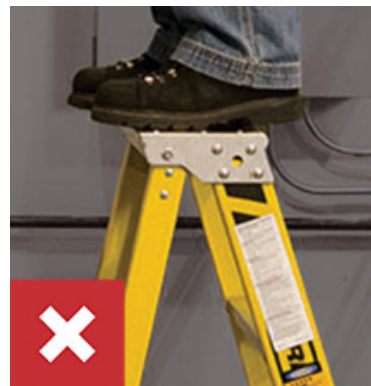
Whenever possible, have an assistant hand your tools or equipment to you after you've climbed the ladder.



DON'T over-reach, lean to one side, or try to move a ladder while working on it. Climb down and reposition the ladder to keep your work directly in front of you.



To avoid losing your balance, don't use excessive force to push or pull materials.



DON'T stand above the second step from the top of a stepladder.

For more information:

<https://www.osha.gov/Publications/OSHA3662.pdf>

www.wernerco.com/us/support/training

<https://www.americanladderinstitute.org/page/Stepladder>

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