



**Section 14**  
**Safety Health**  
**and**  
**Environmental**  
**Manual**

**2024**

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**Ladder Safety**

<b>BRIESER CONSTRUCTION GENERAL CONTRACTORS</b>		Developed:	3/8/2008
		Revised:	12/2023
<b>CORPORATE SAFETY, HEALTH &amp; ENVIRONMENTAL MANUAL</b>		Revision:	03
		Reviewed:	04/2023 JH
STANDARD OPERATING PROCEDURE:	<b>Ladder Safety</b>		
CROSS REFERENCE:	<b>29 CFR 1926.1053 Ladders Stairways and Ladders - A Guide to OSHA Rules, OSHA Publication 3124 2003</b>		

This section is intended to prescribe rules and establish minimum requirements for the care and use of portable ladders to ensure safety under normal conditions of usage.

## **BASIC REQUIREMENTS**

- All portable ladders should be equipped with slip-resistant bases.
- Ladders shall not be used beyond the maximum intended load for which they were built, or beyond the manufacturer's rated capacity.
- Ladders shall be inspected for conformity to safety regulations and to ascertain that they are not damaged or missing parts before putting them into service. After inspection and before use the ladder inspection sticker must be dated and initialed.

## **USE OF LADDERS**

- Never place a ladder in front of a door that opens toward the ladder unless the door is locked, blocked, or guarded.
- Place a portable ladder so that all side rails and legs have secure footings.
- Never lean a ladder against unsecured backing, such as boxes.
- Do not place a ladder close to electric wiring or any operational piping (acid, chemical, sprinkler systems, etc.) where damage may be done.
- Ladders are for only one person at a time.
- Ladder rungs, cleats, and steps shall be parallel, level and uniformly spaced when the ladder is in position for use.
- Be sure that a stepladder is fully open, and the metal spreader is locked before you start to climb it.
- Do not climb higher than the third rung from the top on straight or extension ladders.
- Do not climb higher than the second tread from the top on stepladders.
- When setting up a straight or extension ladder, the base should extend 1 foot from the vertical support for each 4 feet of the vertical height. The ladder must be held by another employee or tied off, blocked, or otherwise secured at the top to prevent being displaced.
- Keep ladders clean and free from dirt and grease, which can hide defects and cause falls. Ladders shall never be painted.
- Ladders shall only be used for the purpose for which they were designed. Ladders shall never be used in a horizontal position as a runway, ramp, or scaffold.

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## ASCENDING OR DESCENDING LADDERS

- Maintain three points of contact when ascending or descending the ladder.
- If material must be handled, raise, or lower it with a rope either before going down or after climbing to the desired level.
- Tools may be carried on a tool belt.
- Always face the ladder when ascending or descending.

## INSPECTION OF LADDERS

- Ladders shall be inspected by a competent person for visible defects daily before use and after any occurrence that could affect their safe use.
- Ladders that are weak, improperly repaired, damaged, have missing rungs, or appear unsafe, shall be removed from the work site for repair or disposal.
- If the ladder is to be disposed of, it must be destroyed so that no one can use it.
- All ladders should be inspected for:
  - Loose steps or rungs
  - Cracked, split, or broken uprights, braces, steps, or rungs.
  - Damaged or worn non-slip braces.
  - Damaged casters
- Stepladders should be inspected for:
  - Stability
  - Loose or bent hinge spreaders.
  - Broken, split, or worn steps.
  - Loose hinges

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## GENERAL REQUIREMENTS

- The use of ladders with broken or missing rungs or steps, broken or split side rails, or other faulty or defective construction is prohibited.
- The feet of portable ladders shall be placed on a solid base and the area around the top and bottom of the ladder shall be kept clear.
- Metal and wood ladders are not allowed to be used by employees of Brieser Construction
- The side rails of the ladder shall extend at least 36" above the landing or work platform.
- If a step ladder is used for platform access the ladder must be secured to prevent tipping or moving.

## JOB-MADE LADDERS

Job made ladders are not allowed on Brieser Construction sites without approval of the Safety Director. If a job made ladder is approved, it must be built to the following specifications.

- Single cleat ladders shall not exceed 30 feet in length.
- Double cleat ladders shall not exceed 24 feet in length.
- 2 x 4 lumber shall be used for side rails of single cleat ladders up to 16 feet long.
- 2 x 6 lumber shall be used for side rails of single cleat ladders from 16 to 30 feet long.
- 2 x 4 (or greater) lumber shall be used for side and middle rails of double cleat ladders up to 12 feet long.
- 2 x 6 lumber shall be used for side and middle rails for double cleat ladders from 12 to 24 feet long.
- Cleats on single cleat ladders shall be made from 1 x 4 (or greater) lumber.
- The cleats cannot exceed 20" in length on single cleat ladders.
- Cleats on double cleat ladders shall be made from 2 x 4 lumber.
- Cleats shall be inset into the edges of the side rails, or filler blocks shall be used on the rails between the cleats.
- Cleats shall be uniformly spaced, 12" top-to-top.

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## Ladder Safety Learning Exercise

Score:   %

**Employees Name:**  **Date:**

Answer each of the following questions by circling the appropriate letter.

1. All portable ladders should be equipped with slip-resistant bases.
  - a. True
  - b. False
  
2. Ladders can be used beyond the maximum intended load for which they were built, so long as your foreman says its approved.
  - a. True
  - b. False
  
3. Ladders shall be inspected for conformity to safety regulations and to ascertain that they are not damaged or missing parts before putting them into service. After inspection and before use the ladder inspection sticker must be dated and initialed.
  - a. True
  - b. False
  
4. Ladders shall be inspected by a competent person for visible defects daily before use and after any occurrence that could affect their safe use.
  - a. True
  - b. False
  
5. All ladders should be inspected for: (Circle all that Apply)
  - a. Loose steps or rungs
  - b. Cracked, split, or broken uprights, braces, steps, or rungs.
  - c. Damaged or worn non-slip braces.
  - d. Damaged casters
  
6. Job made ladders are preferred on Brieser Construction sites,
  - a. True
  - b. False

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## Ladder Safety Learning Exercise

### Answer Sheet

All portable ladders should be equipped with slip-resistant bases.

- a. True**
- b. False

Ladders can be used beyond the maximum intended load for which they were built, so long as your foreman says its approved.

- a. True
- b. False**

Ladders shall be inspected for conformity to safety regulations and to ascertain that they are not damaged or missing parts before putting them into service. After inspection and before use the ladder inspection sticker must be dated and initialed.

- c. True**
- d. False

Ladders shall be inspected by a competent person for visible defects daily before use and after any occurrence that could affect their safe use.

- a. True**
- b. False

All ladders should be inspected for: (Circle all that Apply)

- a. Loose steps or rungs**
- b. Cracked, split, or broken uprights, braces, steps, or rungs.**
- c. Damaged or worn non-slip braces.**
- d. Damaged casters**

Job made ladders are preferred on Brieser Construction sites,

- e. True
- f. False**