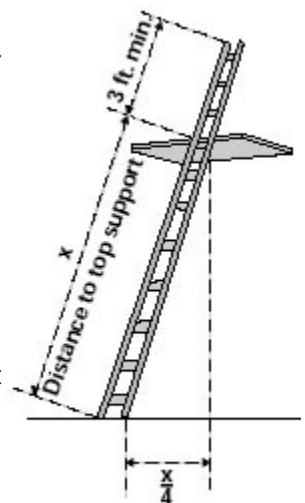


Title of Training	Portable Ladder Safety Training		
Equipment Info.	Make/Type/Size/Model	Step, Straight, Combination, A-Frame Ladders	
Material Needed	Operator's Manual		
	Open Area Large Enough to Extend Ladder		

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

- ❖ Read and follow all labels/markings on the ladder. We use Type IA or IAA.
- ❖ Avoid electrical hazards! – Look for overhead power lines before handling a ladder. We only use fiberglass ladders.
- ❖ Inspect before each use to verify that side rails are not dented or bent, rungs are not damaged, connections are sound and tight, and the rated capacity of the ladder is identified
- ❖ All ladders must be free from defects, such as burrs, sharp edges, bent or broken steps, or rails.
- ❖ Ladders showing any of these defects must be marked or tagged for repair/disposal and removed from service.
- ❖ Sign and Date the inspection sticker which should be place on the side rail.
- ❖ Ladders should be kept free of oil, grease, or slippery materials.
- ❖ Lubricate the metal bearings of locks, wheels, and pulley as needed. Ropes or cables should be inspected before use and replaced if defective.
- ❖ Rungs and steps on portable ladders must be tight and spaced uniformly and parallel 10 to 14 inches apart.
- ❖ Rungs and steps must be corrugated, knurled, dimpled, coated with skid-resistant material, or otherwise treated to minimize the possibility of slipping.
- ❖ Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing (see diagram).
- ❖ Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- ❖ Ladders must be free of any slippery material on the rungs, steps or feet.
- ❖ Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- ❖ Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- ❖ Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- ❖ Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- ❖ Do not move or shift a ladder while a person or equipment is on the ladder.
- ❖ An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support (see diagram). Do not stand on the three top rungs of a straight, single or extension ladder. Brieser offers a step-through



Trainee Name (print)		Signature of Trainee	
Instructor Name		Date of Training	
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Title of Training	Portable Ladder Safety Training		
Equipment Info.	Make/Type/Size/Model	Step, Straight, Combination, A-Frame Ladders	
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	Open Area Large Enough to Extend Ladder		

extension for this purpose; contact your equipment manager to get one on your site.

- ❖ The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface (see diagram).
- ❖ A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- ❖ Be sure that all locks on an extension ladder are properly engaged.
- ❖ Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.

**Important Notice**

*This Safety Training Topic (STT) does not necessarily cover all possible hazards associated with this equipment and should be used in conjunction with equipment manual. It is designed as a guide to be used to compliment training in the field at Brieser Construction and as a reminder to users prior to equipment use.*

Trainee Name (print)		Signature of Trainee	
Instructor Name		Date of Training	
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Title of Training	Portable Ladder Safety Training		
Equipment Info.	Make/Type/Size/Model	Step, Straight, Combination, A-Frame Ladders	
Material Needed	Operator's Manual		
	Open Area Large Enough to Extend Ladder		

EMPLOYEE NAME (Print or Type)	EMPLOYEE SIGNATURE	TRADE	JOB TITLE
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Trainee Name (print)		Signature of Trainee	
Instructor Name		Date of Training	
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