



# Ladder Safety



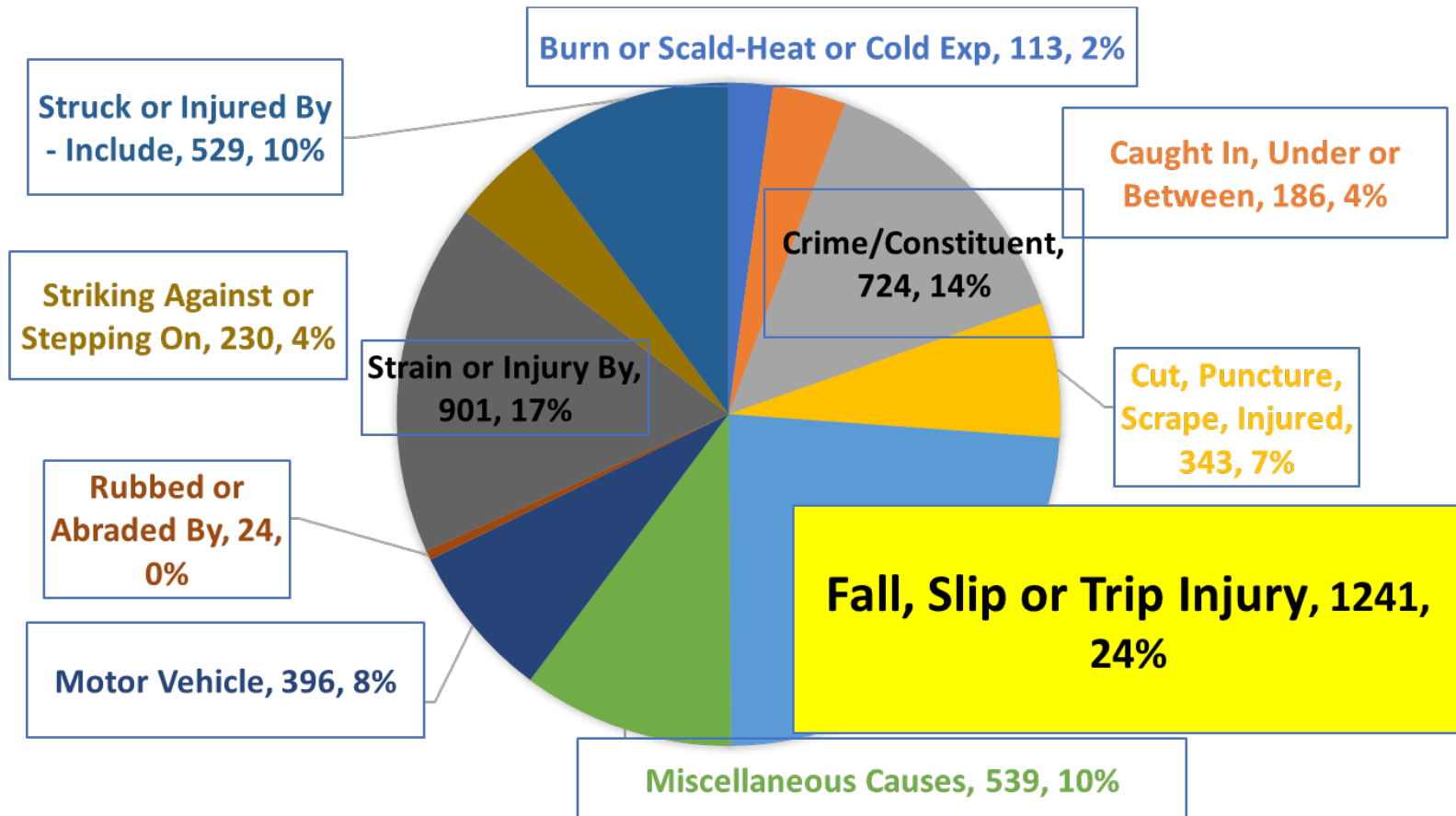


# Risk Management



Department of Administrative Services  
Improving efficiency, compliance and workforce performance

## State of Georgia





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## State of Georgia Fall, Slip, & Trip claims

- Nearly **1** out every **4** injury claims the State of Georgia has involves some type of Slip, Trip, or Fall.
- Lack of Ladder use contributes to these numbers.
- Improper use of ladders causes some of the more severe Fall injuries.
- In the last three Fiscal years we have had nearly **4,000** injuries from Fall, Slip, Trips and spent over **\$26,000,000.**



# Session Objectives

- Recognize the importance of ladder safety
- Identify common causes of ladder accidents
- Select and inspect ladders correctly
- Set up ladders properly
- Climb and work on ladders safely
- Maintain, store, and transport ladders properly



# Prequiz: How Much Do You Know?

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**TRUE**

A common reason for ladder accidents is failure to inspect ladders before use.

**FALSE**

The base of a straight ladder should be 1 foot from the wall for every 2 feet of ladder height from base to support point.

**FALSE**

If a ladder is defective, return it to where you found it and take another ladder.

**FALSE**

It is safe to stand on the top step of a stepladder.

# 3 Most Common Causes Of Ladder Accidents

- Wrong ladder used
- Ladder in poor condition
- Ladder used improperly



# 5 simple rules to reduce ladder injuries

- 1. Inspect ladders carefully before use—ensure there are no cracked or broken rungs;**
- 2. Follow ladder safety rules and regulations;**
- 3. Use your common sense—only one person on a ladder at a time;**
- 4. Avoid risky behavior when using ladders;  
*and***
- 5. Report safety problems with ladders right away.**





# Ladder Selection

- Height
- Capacity



# Ladder Selection (cont.)

Never use metal ladders around:

- Electricity
- Corrosives
- Flammables





# Ladder Inspection

- Steps/rungs
- Side rails
- Metal parts
- Rope
- Locking devices
- Splinters/sharp edges
- Safety feet
- Dents





# What to Do with a Defective Ladder

- Don't use it
- Don't try to repair it





# Exercise

SAFE

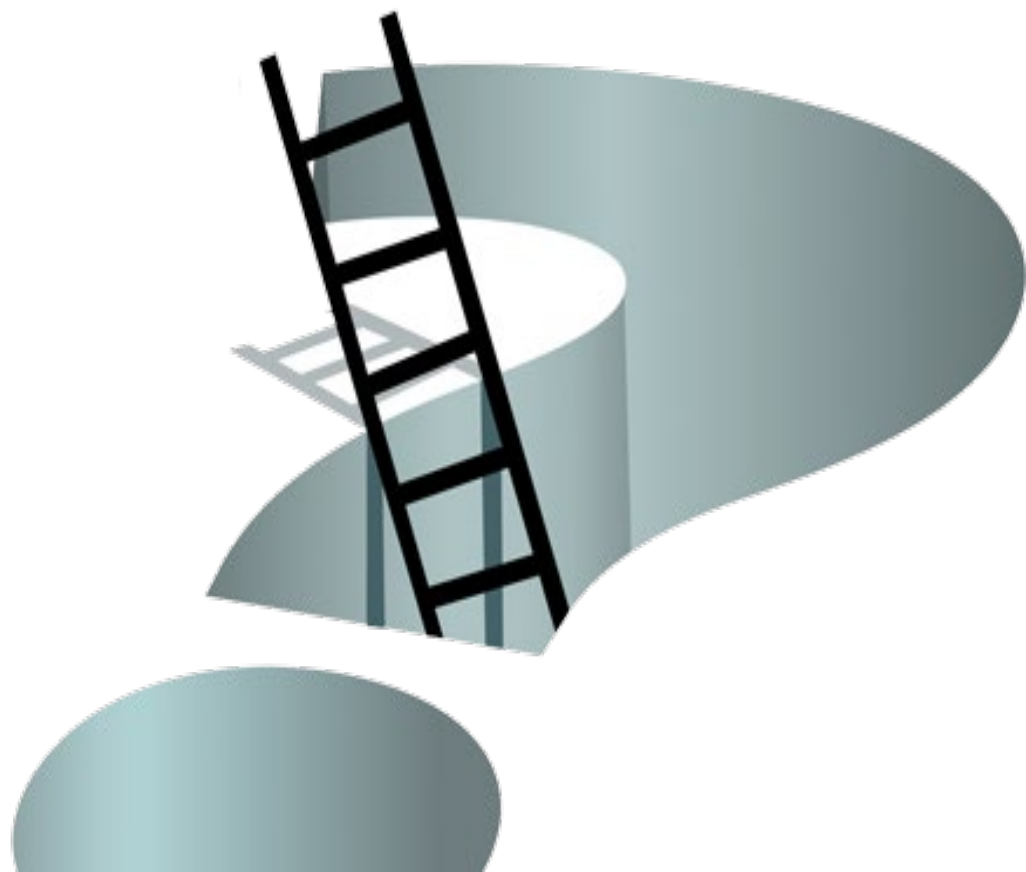
UNSAFE



# Review

Do you understand:

- Importance of ladder safety?
- Common causes of ladder accidents?
- Basic ways to reduce risk of falling?
- Ladder selection?
- Ladder inspection?
- What to do with defective ladders?





# Ladder Setup

- Ground surface
- Unstable bases
- Doors
- Support
- Never fasten two ladders together
- Locking devices





# Ladder Setup (cont.)

- 4-to-1 rule
- Support point
- Overlap
- Secured

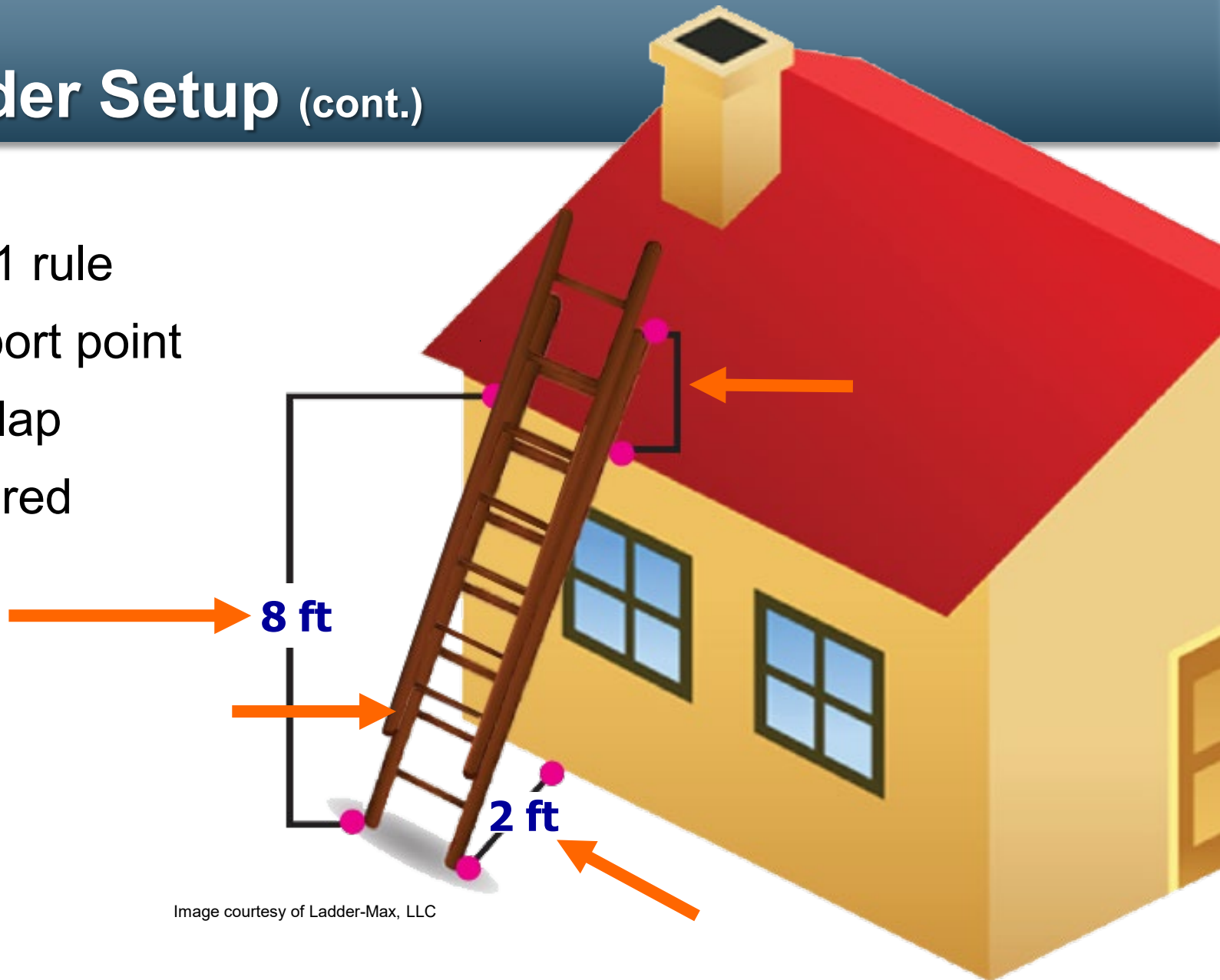


Image courtesy of Ladder-Max, LLC



# Climbing and Descending

**Never climb a ladder if you are impaired**

**Never slide down a ladder**

**Carry tools on a belt or shoulder strap**

**Don't climb too high**

**Keep 3 points of contact**

**Face the ladder**

**One person at a time**

**Check your shoes**



# Working on a Ladder

## DO

- Hold on
- Keep centered
- Stay straight and close to the ladder
- Move carefully



## DON'T

- Lean too far
- Reach too high
- Try to reposition ladder while on it

# Ladder Maintenance

- Check joints
- Test hardware and fittings
- Lubricate moveable parts
- Replace worn rope on extension ladders
- Make sure safety feet are in good condition
- Clean rungs and steps



# Storing Ladders

- Store securely, out of the way
- Store short stepladders vertically
- Store straight ladders flat or hang horizontally
- Never store materials on top of a ladder
- Keep in a well-ventilated area







# Transporting Ladders

- Pair up
- Balance the center on your shoulder
- Be careful around corners, aisles, or where others are working



- Ladders should not stick out of vehicles





# Exercise

## Make the Right Choice

Is it safe to place a ladder on a stack of pallets to gain height?

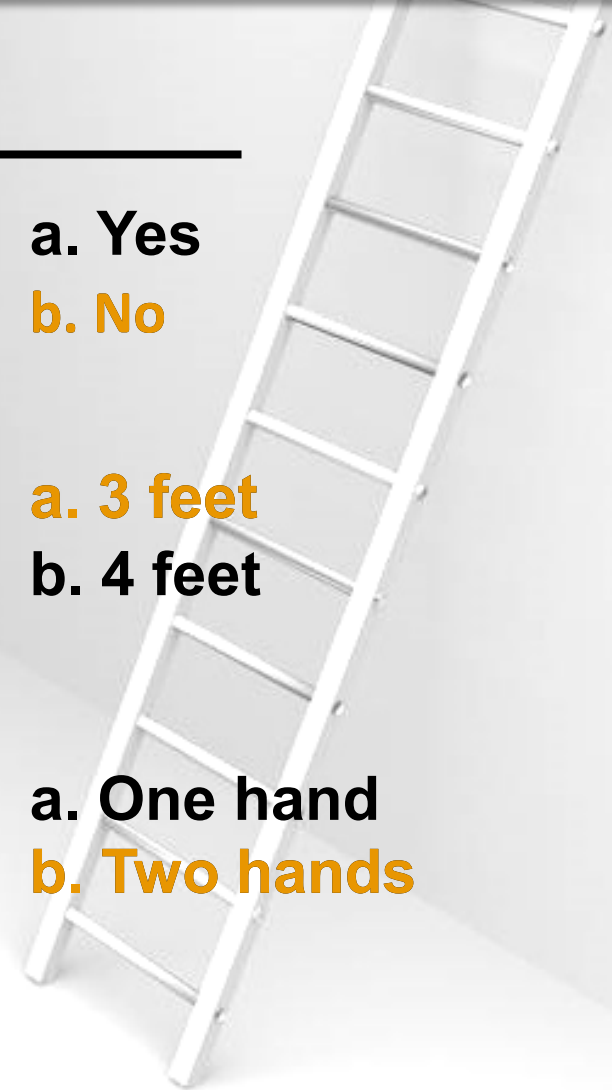
- a. Yes
- b. No

If the distance between the base of an extension ladder and the support point is 12 feet, how far should the base of the ladder be from the wall?

- a. 3 feet
- b. 4 feet

When you climb a ladder, you should hold on with:

- a. One hand
- b. Two hands





# REMEMBER

## KEY POINTS TO

- Ladder accidents can cause serious injuries or death.
- You have the power to prevent accidents.
- Always choose the right ladder for the job and inspect before use.
- Set up ladders correctly and climb safely.
- Be careful when working on ladders and avoid overreaching.



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