

LADDER TYPES

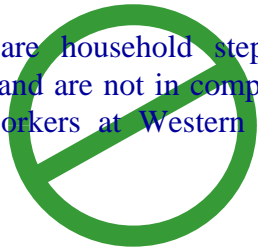
Whenever you use a ladder, make sure you select the right one for the job. Consider the height and weight restrictions before using it.

Type IA are for extra heavy duty industrial use.

Type I are industrial stepladders for heavy duty, such as utilities, contractors and industrial use.

Type II are commercial stepladders for medium duty, such as painters, offices and light industrial use.

Type III are household stepladders for light duty, and are not in compliance when used by workers at Western Washington University.



INSPECT LADDERS BEFORE EACH USE:

- ▶ Rungs must be intact and free from grease or oil.
- ▶ Make sure there are no splinters.
- ▶ On extension ladders, make sure the rope is not torn or frayed.
- ▶ On stepladders, make sure the hinge spreader is working properly.
- ▶ The ladder's feet should have nonstick pads that are free to adjust flat.
- ▶ Support braces, bolts, and/or screws should be tight and in place.
- ▶ Make sure the ladder is not dented or bent.
- ▶ Make sure the ladder locking device is positioned properly.
- ▶ Only use a ladder for its designed use.

WORK OVER 25 FEET

- ▶ Any ladder over 25 feet tall must be secured at both the top and bottom of the ladder.
- ▶ No type of work shall be performed on a ladder over 25 feet from the ground that requires use of both hands, unless a safety harness is worn and secured to the ladder.
- ▶ Any work requiring eye protection or respirators shall not be performed from a ladder more than 25 feet from the ground.

LADDER POSITIONING

- ▶ When positioning a straight or extension ladder, the distance from the bottom of the ladder to the wall (measured along the ground or floor) is 1/4 the distance from the bottom of the ladder to wherever the ladder is resting against the wall.
- ▶ Place your toes against the feet of the ladder, facing the ladder, and place your hands on the rung directly in front of you and the ladder will be at the proper angle.
- ▶ The ladder should be placed on an even surface that enables firm footing.
- ▶ Tilt the ladder at the proper angle.
- ▶ Step ladders should be positioned on a level surface with the locking device fully extended.
- ▶ Step ladders should not be used as a single ladder.



LADDER SAFETY GUIDELINES

- ▶ Never climb higher than the fourth rung from the top of straight ladders and the second tread from the top of step ladders.
- ▶ Watch out for contact with electricity.
- ▶ Do not use a ladder for unintended purposes, such as in place of scaffold.
- ▶ Avoid excessive stretching or leaning.
- ▶ Use fiberglass or metal ladders with clean, rubber feet in good repair, when changing light bulbs.
- ▶ Tag & remove defective ladders. Notify your supervisor or EHS.
- ▶ Do not carry tools or materials when climbing a ladder, instead, use a toolbelt or handline.
- ▶ Make sure the soles of your shoes are clean and in good condition.
- ▶ Do not rest a ladder on any rung. Only the side rails are designed for this purpose.
- ▶ Use both hands and face the ladder when climbing or descending.

LADDER SAFETY GUIDELINES (CONTINUED)

- ▶ Make sure the top of the ladder rests against a solid surface, 3 feet above the landing, that can withstand the load.
- ▶ Guard or fence off the area around a ladder erected in an area where persons have access.
- ▶ Do not erect a ladder in a doorway unless it is blocked, locked and a standby is in place.
- ▶ Do not paint or coat any ladder with anything other than a clear wood preservative.
- ▶ Allow only one person on the ladder and avoid using a ladder in windy, rainy, or other inclement weather conditions.
- ▶ Put ladders away in their proper storage area when done. Avoid leaving them unattended in hallways or classrooms .

Contact:
Environmental Health and Safety,
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72 for additional information.
8/07

LADDER SAFETY

