



## PORTABLE LADDERS



### Portable Ladder Worksite Example:

Joe was on a six-foot ladder to reach a shelf approximately ten feet up to pull a box down. He was two rungs from the top of the ladder and started to reach the shelf. As he pulled the box back, he lost his balance and the ladder shifted. Joe fell and broke his wrist.

Ladders of all kinds are used at work and home to reach areas not ordinarily accessible. Falls as short as a couple of feet can create debilitating or even deadly consequences. Let's talk about proper ladder use

### Ladder Inspection:

Before getting on a ladder, check it for damage. Nobody wants to climb a wobbly ladder, but not all damage may be noticeable until it's too late. Take the time to inspect that ladder.

When inspecting a ladder ensure:

- There is no obvious signs of damage (parts broken off, bent rungs, parts splintered)
- The ladder feet have a solid connection with the ladder legs to prevent the ladder from sliding/tipping
- Does it operate as designed? Ensure arms lock in place, extensions on extension ladders hold/lock?

### Ladder Use:

When setting up a ladder:

- Is it the right ladder for the task? Is it tall enough? Is the load rating high enough?
  - Can the 3-point contact be maintained while performing the task?
- Placement of the ladder away from doors, people, and traffic? If not, is there an observer to identify the hazards and direct personnel away?
- Ensure the ladder is placed on a solid footing so it doesn't slide or rock. The ladder is too short if something is required to be added underneath it.



### TALK IT OVER:

What will we do in our unit today to prevent falls from A/C Maintenance Stands?