

Ladder Safety

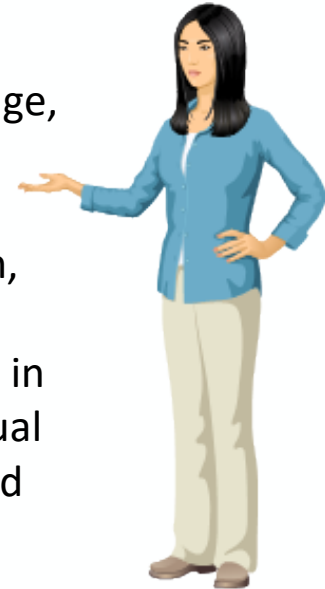
Online Course Handouts

Environmental Health Safety &
Risk Management



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Training Navigation Tips

- This training contains a quiz. You will be required to review all the content and pass the end-of-course quiz with a score of **80%** or better.
- All slides must be viewed in the order presented.
- The player keeps track of the slides you have viewed.
- The “Forward” arrow on the bottom left side of the slide will become active once the narration stops on each slide.
- You can revisit a slide by clicking the “Back” arrow.
- If you cannot complete the training in a single session, you can close the training and restart when ready. When restarted you will be asked if you wish to continue at the slide last viewed.
- When taking the quiz, do not close your browser until instructed to do so. Additional information may be provided following the quiz and prematurely closing your browser may result in your score not being recorded.





Environmental Health Safety & Risk Management
New Mexico State University
MSC 3578, Box 30001
Las Cruces, NM 88003-8001

Ladder Safety – Online (00020368, 1.0)

Language: English

Course Description: The goal of this training module is to provide awareness-level instruction on ladder hazards, safe use requirements, and best practices. (Length: 25 minutes)

Course Objectives: After completing this module, the learner will be able to:

- Identify common ladder types used in industry
- Recognize common hazards associated with ladder use
- Recall requirements and best practices for ladder safety

References: Subpart D of 29 CFR 1910.21 (1910.21 – 1910.30) - Walking Working Surfaces

Who Should Attend: Employees that need to use ladders to perform work functions.

Training Frequency: Initial training upon job assignment and as needed.

Additional NMSU Information: Available on the EHS&RM Web Site

<https://safety.nmsu.edu/>

[Fall Protection Information](#)

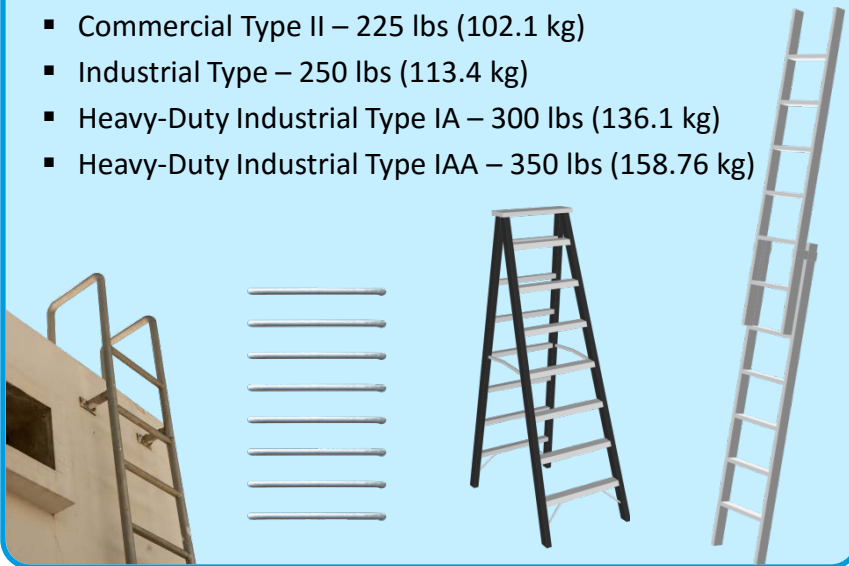
[Basic Rules of Ladder Safety](#)

Types of Ladders

- Portable - Self supporting (stepladders)
- Portable - Not self supporting (straight and extension ladders)
- Fixed - Individual rung
- Fixed - Side rail and rung

Weight Bearing Capabilities (Duty Ratings)

- Commercial Type II – 225 lbs (102.1 kg)
- Industrial Type – 250 lbs (113.4 kg)
- Heavy-Duty Industrial Type IA – 300 lbs (136.1 kg)
- Heavy-Duty Industrial Type IAA – 350 lbs (158.76 kg)



Electrocution or Electrical Shock

- Use an electrically insulated, fiberglass ladder
- Stay a minimum of 10 feet (3.05 meters) from energized power lines or other electrical conductors



Ladder Hazards

Falls from ladders are a leading cause of workplace fatalities.



Slips and falls are caused by:

- Use of the wrong ladder for the job
- Contact with the ladder in a high traffic area
- Ladder failure caused by damage or misuse
- The ladder tipping over from overreaching or placement on an uneven surface

Best Practices

- Face ladder and hold side rails with at least one hand when climbing
- Protect base of ladder in busy areas
- Keep ladder free of clutter
- Carry tools on a belt or hoist



You should never:

- Use a ladder for something other than its intended purpose
- Lean outside the ladder rails
- Carry loads that prevent using at least one hand on the ladder



Ladder Placement

When using a portable ladder, place it carefully on a level surface and make sure it has non-slip base pads.



An easy way to check your angle is to:

- Stand with your feet at the bottom rung
- Extend your arms straight out and parallel to the ground
- Ensure you can touch a ladder rung with your fingers from this position



Employer Responsibility

- Provide suitable ladders
- Require regular ladder inspection
- Train employees to recognize unsafe conditions and practices

Take ladders with structural damage out of service.
Protect yourself and others.

Inspection Before Use



Before use:

- Look for damaged side rails, rungs, and supports
- Ensure nuts and bolts are tight and that feet are secure
- Test the ladder's stability
- Make sure rungs and feet are non-slip
- Check the label to ensure it's legible and to verify load ratings and construction materials

Inspection After Use



After use:

- Look for any new dents or other damage to side rails, rungs, and supports
- Check for bends or malformations and any loosening of nuts and bolts
- Retest the ladder's stability



Ladder Safety Checklist

All Ladders	Needs Repair	OK	Date repaired
1. Loose steps or rungs		<input type="checkbox"/>	
2. Loose nails, screws, bolts, or other metal parts		<input type="checkbox"/>	
3. Cracked, spilt or broken uprights, braces or rungs?		<input type="checkbox"/>	
4. Splinters on upright, rungs or steps		<input type="checkbox"/>	
5. Damaged or worn non-slip bases?		<input type="checkbox"/>	
Step Ladders			
1. Wobbly		<input type="checkbox"/>	
2. Loose or bent hinge spreaders?		<input type="checkbox"/>	
3. Stop on hinge spreader broken?		<input type="checkbox"/>	
4. Loose hinges?		<input type="checkbox"/>	
5. Broken, split steps?		<input type="checkbox"/>	
Extension Ladders			
1. Loose, broken or missing extension locks?		<input type="checkbox"/>	
2. Defective locks that do not seat properly when extended		<input type="checkbox"/>	
3. Worn or rotted rope?		<input type="checkbox"/>	

Completed by:

Date:



Problems, Comments or Questions about this Training? Contact Us

(575) 646-3327

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<https://safety.nmsu.edu>

Be Safe. Manage Risk and Prevent Loss.