



SAFETY TIPS

Fall Protection - Ladder Safety

In 2013, fall protection / ladder safety was the 7th most common citation from OSHA. Falling from ladders is a real danger, but using common sense can go a long way.

For starters, review these points with your employees:

1. Choose the right ladder:

TYPE	DUTY RATING	USE	LOAD
1AA	Special Duty	Rugged	375 lbs.
1A	Extra Heavy Duty	Industrial	300 lbs.
1	Heavy Duty	Industrial	250 lbs.
II	Medium Duty	Commercial	225 lbs.
III	Light Duty	Household	200 lbs.

2. While using a ladder consider these points:

- Make sure the ladder is functioning properly.
- Make sure the ladder is fully engaged.
- The floor should be level and slip resistant.
- Never raise the ladder on pallets to make it taller.
- Never stand on the top rung of a step ladder.
- Extension ladders should follow the rule of 4 to 1. (For every 4 feet up, the ladder must be 1 foot away from the wall)
- Never use a step ladder as a straight ladder (The feet will slip and it will fall).
- Avoid using ladders in heavy traffic areas, for your safety and the safety of those below.
- Secure extension ladders at the top.

3. Remind your employees - keep them safe and on the job.

Contact us for more information