

Spotlight On Safety

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FALL SAFETY: LADDERS

Falls from heights can happen when least expected and result in very serious injuries. Some falls off ladders have been fatal. Some slips, trips and falls from level areas or slippery surfaces have resulted in sprains, strains and broken bones. You can protect yourself in numerous ways. The best methods are to adhere to and conscientiously apply regulatory compliance, receive training, increase awareness and inspect both the equipment and location of work.

Ladder Safety

- Read the ladder label, its rated capacity, its design and appropriate function.
- Be aware and comply with all federal, state, local, ANSI, Cal/OSHA and university standards.
- Apply the Injury Illness Prevention Program (IIPP) system before doing each and every job.
- Inspect the ladder. Make sure it is in good condition. Wear non-slip shoes free of oil.
- Do not place ladders in soft area or on sloped surfaces.
- For extension ladders, use the 4 to 1 ratio - the set back needs to be 1ft for each 4 ft of length to the upper support point.
- Keep your body centered. Don't stand above the second step from the top. Don't overreach or try to move the ladder while on it. Use two hands. Always face the ladder when climbing or descending. Don't sit or stand on top or on pail shelf. Ask for assistance if needed
- Move materials or do work with extreme caution.
- Haul material up on a line rather than carry them up on an extension ladder.
- Do not place ladders in back of doors. Move nearby furniture if you have to.
- Be prepared for an emergency, but do everything possible to prevent a fall.



Other Considerations

- Use handrails whenever possible
- Secure the area and wipe up spills as soon as they happen
- Use anti-slip surfaces, mats and shoes
- Avoid running or being in a hurry
- Watch where you are stepping
- Obey posted warning signs
- Look out for obstructions
- Inspect and use harnesses or other installed safety equipment