

# Ladder Safety

at



THE UNIVERSITY *of* NORTH CAROLINA  
**GREENSBORO**

# UNCG Ladder-related injuries

Six injuries at UNCG in past 3 years

This year...

- ❖ Employee fell approximately 15 feet from extension ladder and injured shoulder and back.
- ❖ Employee using bent step ladder fell.

# *NC OSHA Regulations Ladders 1910.26*

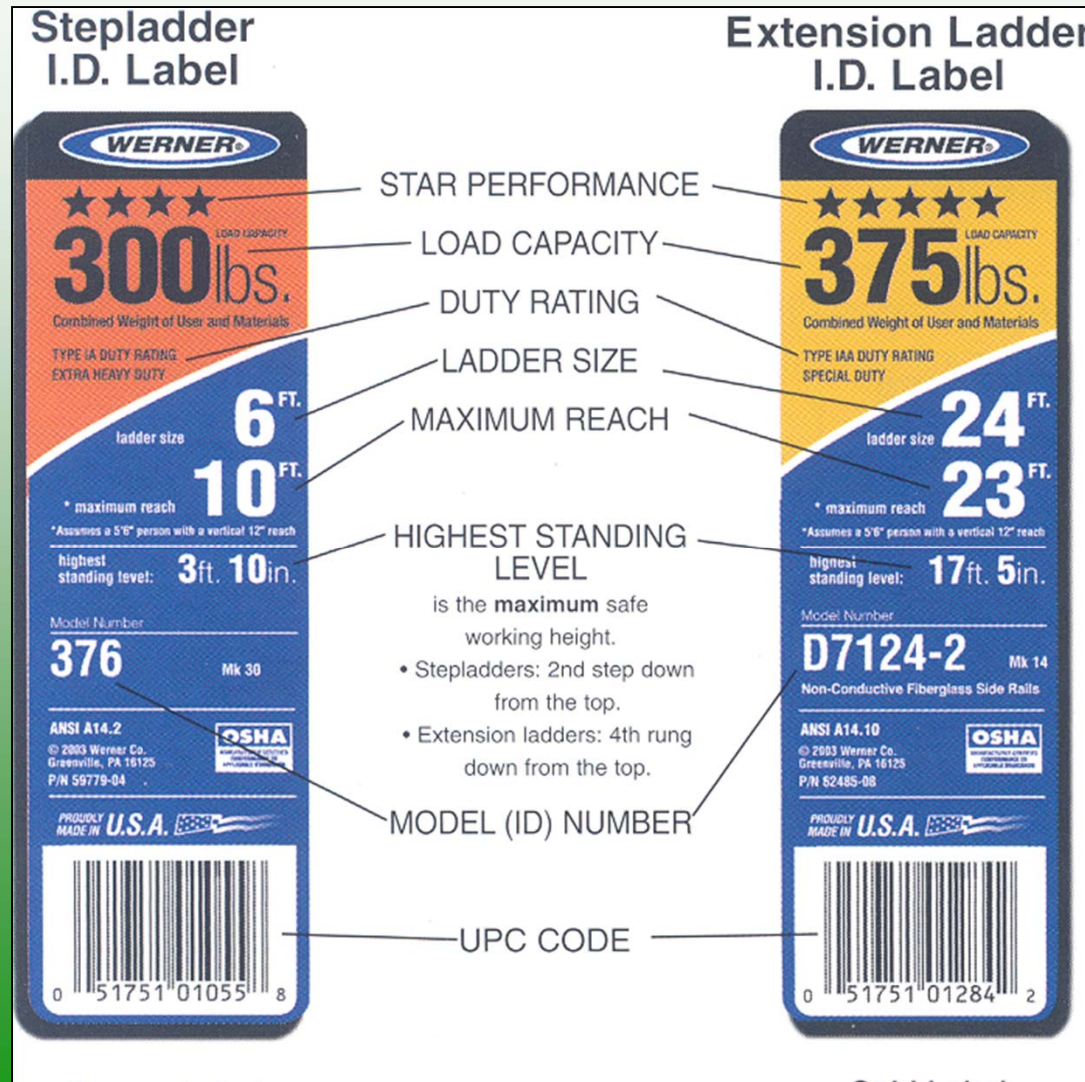
Ladders must be able to support the intended load without failure.

**This is not a ladder!**



# Use Only Approved Ladders

# Approved ladders should have the following label on the side rail.



Can the ladder you are using support your weight?

**WERNER PERFORMANCE SYSTEM™**

***Color Match for Ladder Performance.***

★ <b>200</b> lbs.	★★ <b>225</b> lbs.	★★★ <b>250</b> lbs.	★★★★ <b>300</b> lbs.	★★★★★ <b>375</b> lbs.
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A chart titled 'WERNER PERFORMANCE SYSTEM™' with the subtitle 'Color Match for Ladder Performance.' It displays five weight capacity levels in colored boxes: 200 lbs (red, 1 star), 225 lbs (green, 2 stars), 250 lbs (blue, 3 stars), 300 lbs (orange, 4 stars), and 375 lbs (yellow, 5 stars). Each box contains the number of stars above the weight value.

# Stepladder Rules

# UNCG Stepladder Rules

- 1) Use the spreader/locking device.
- 2) Do not climb or stand on the top two rungs.





# Challenge Question

Standing on the top two rungs can off-balance the ladder, causing it to tip. OSHA and UNCG rules prohibit standing on the top two rungs of a portable ladder.

What can the employee do?

The employee should use a taller ladder.



3) Keep your weight within the rails.

4) Ladders used in traffic areas must be barricaded to prevent accidents like this.



# Challenge Question

Step ladders should not be leaned against a wall. In this position the feet are not fully supporting the employee's weight.

What can he do to prevent the ladder from slipping?

Open the legs or use an extension ladder.



# Extension Ladder Rules

# Extension Ladders

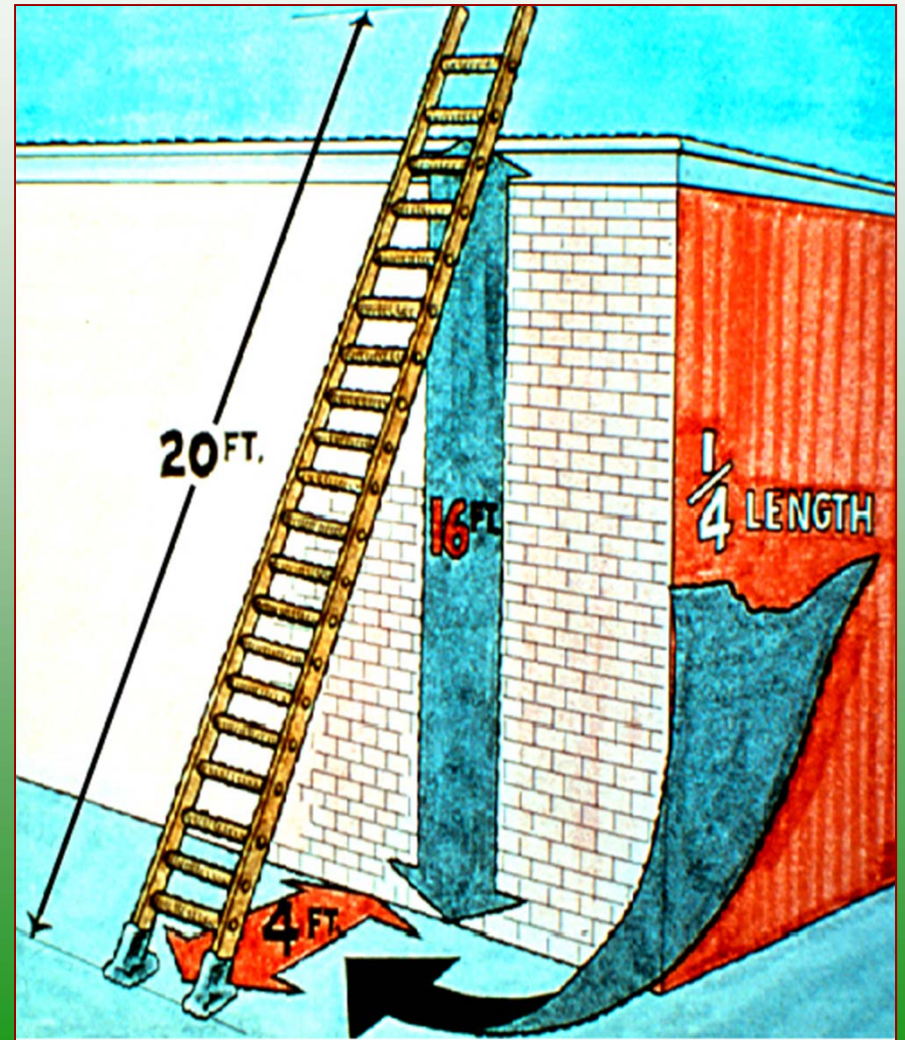
should be used to access rooftops or when performing wall work, which requires the worker to get closer to the object they are working on.



# Proper Set-up

*of an extension ladder is important to prevent sliding*

Position the ladder at an angle where the horizontal distance from the top support to the foot of the ladder is  $\frac{1}{4}$  the working length of the ladder.



When an extension ladder is used to access to a rooftop, the side rails of the ladder must extend 3feet above the landing surface.



Make sure the feet are positioned on a stable and level surface.





Ladders must be secured to prevent accidental displacement due to workplace activity.





UNCG Policy requires employees standing on a ladder and performing work at heights greater than six feet above another level, to have an employee holding the ladder the entire time the employee is on the ladder,

or

wear approved fall protection equipment and be tied off with a lanyard secured to an approved attachment point (not to the ladder).

# For both step and extension ladders remember the following important rules:

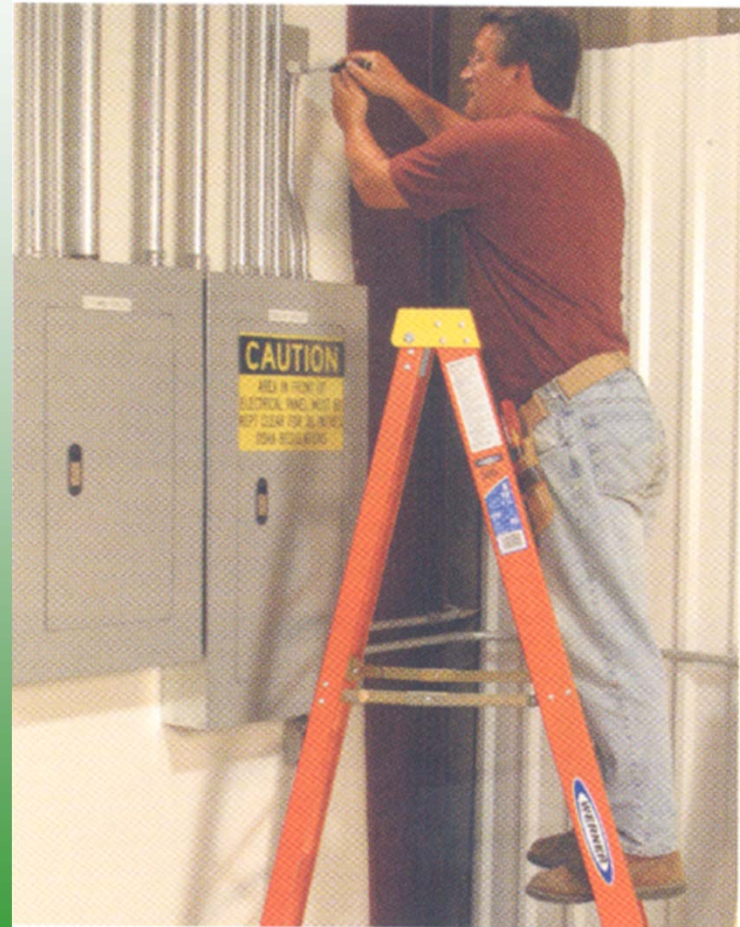
- 7) Face the ladder when going up or down.
- 8) Use at least one hand to grab the ladder when going up or down.
- 9) Employee must not carry any object or load that could cause loss of balance and fall.

# Challenge Question

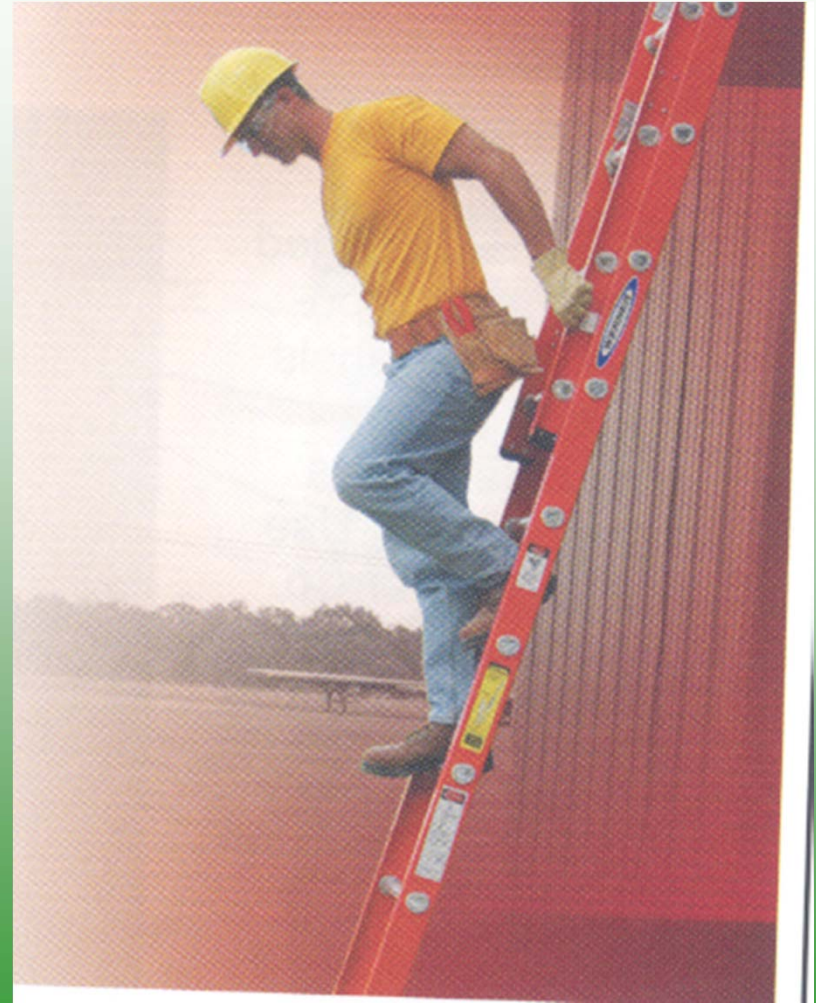
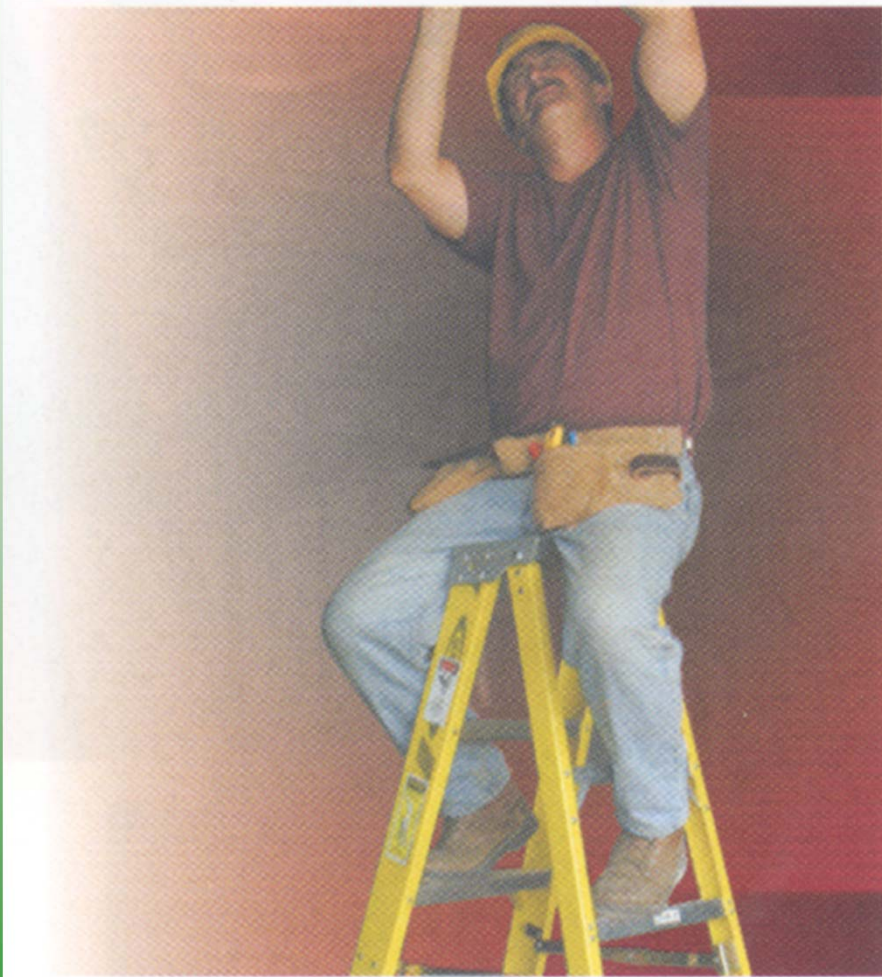
How do you get equipment and tools to the top of a roof?



10) Ladders must have non-conductive side rails when used where contact with energized electrical equipment is possible.





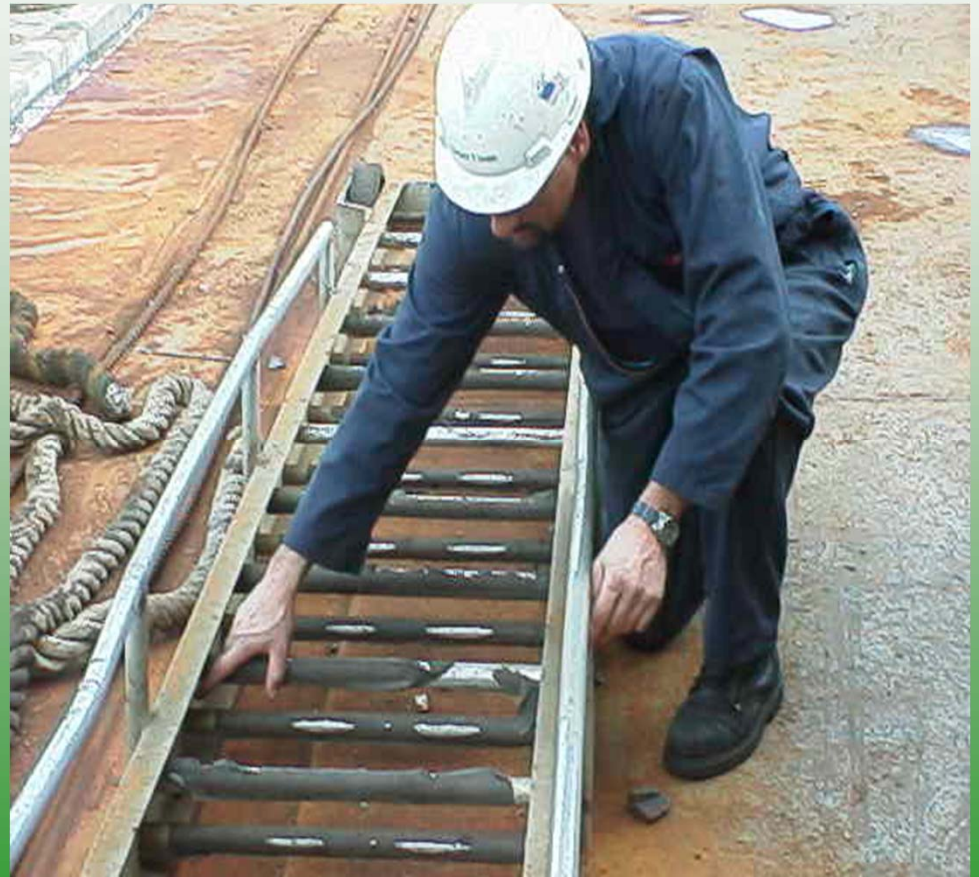


# Inspection of Ladders



# Inspection

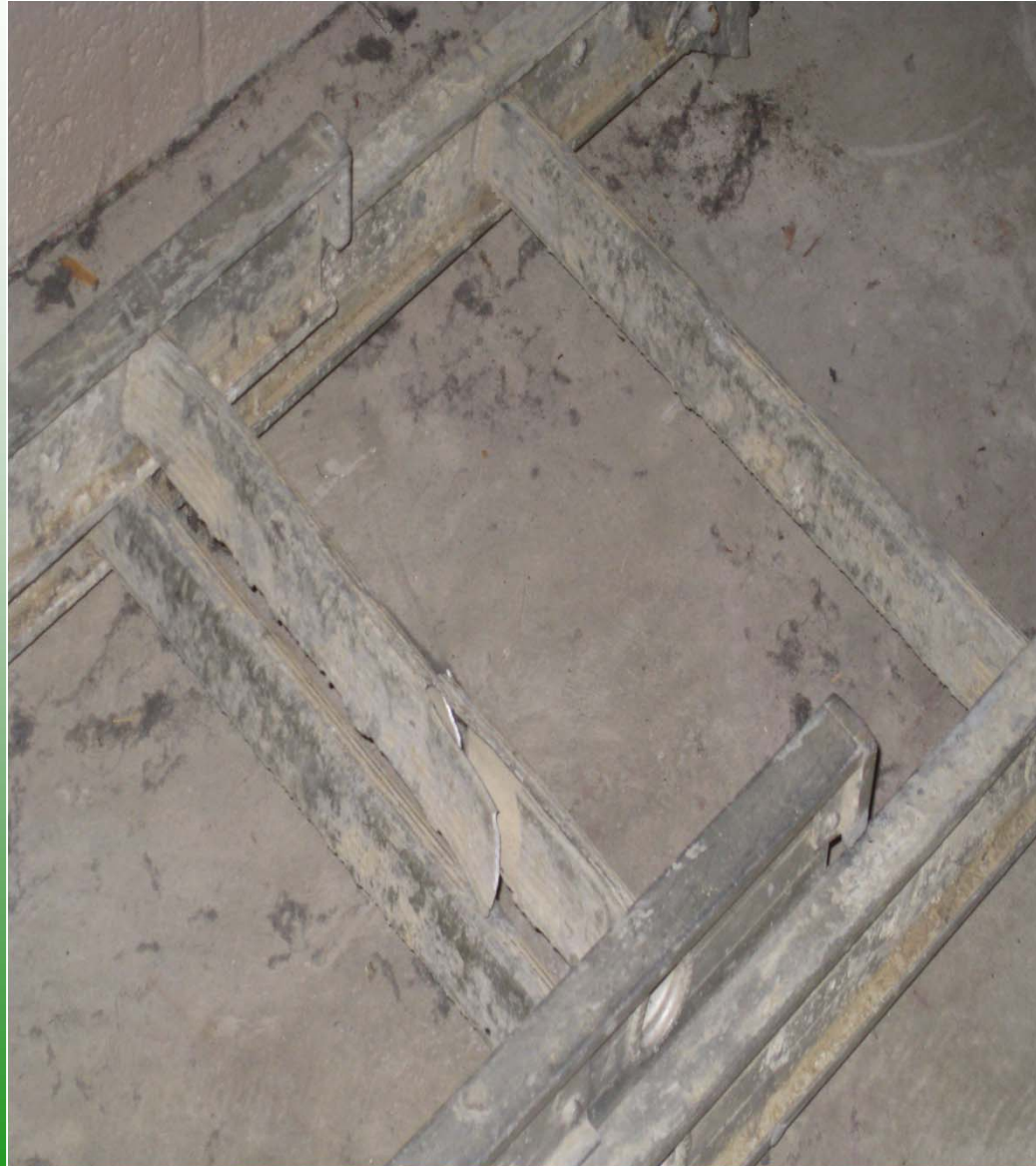
- Ladders must be inspected by a competent person for visible defects.
- Inspected on periodic basis.
- Inspected after any occurrence that could affect their safe use.



Inspect before use for  
cracks, dents, and  
missing rungs.



Maintained free of oil, grease, and other slipping hazards.



Defective ladders with broken side rails must be removed from service until repaired.



- Defective ladder must be marked or tagged.
- Ladder must be withdrawn from service until repaired.



# Questions

