

General ladder safety

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This quick reference guide is not a substitute for required training. [Email ASU Environmental Health and Safety](#) or call 480-965-1823 with questions.

Ladder safety matters

A fall from only 11 feet results in an 85 percent fatality rate and a 15 percent severely injured rate. Injuries from ladder falls are often permanent.



Causes of ladder incidents

- Ladder is too short.
- Not ensuring a solid footing surface.
- Not locking the braces.
- Reaching out beyond the **center of gravity**.
- Untrained persons using ladders.
- Using damaged ladders.

Safe use and placement of ladders

Stepadders

Must be equipped with a **metal spreader or locking device** to hold the front and rear sections in an open position while in use.



Always double check the metal spreader and ensure that it is locked securely before use.

All ladders

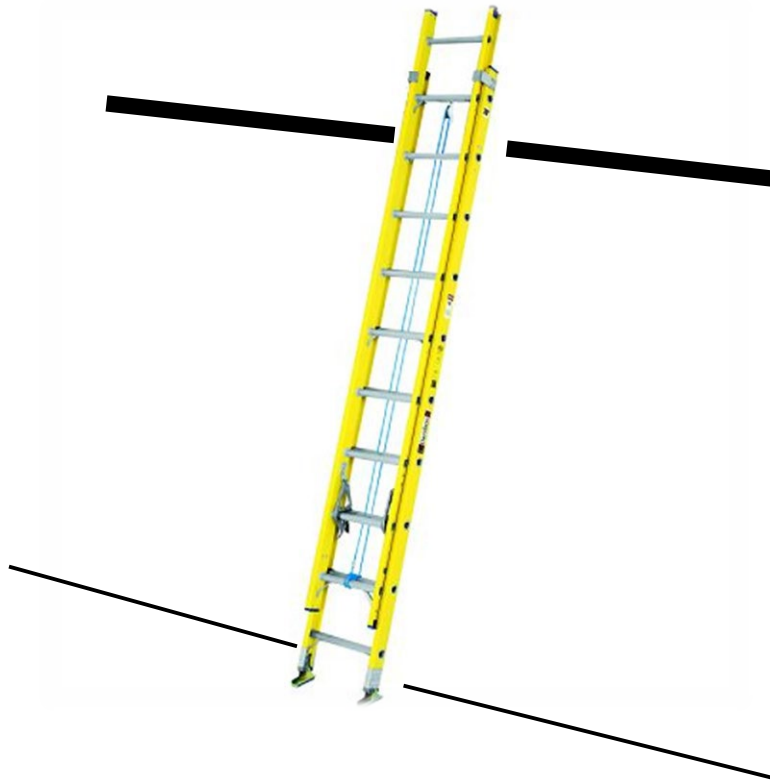


Ladders with broken or missing steps, rungs or cleats, broken side rails or other faulty equipment shall **not** be used; improvised repairs shall **not** be made.

Cleats – ladder cross-pieces of rectangular cross-section placed on edge a person may step up or down.

All ladders – proper use

Always select the right ladder for the job



Correct ladder for wall work



Correct ladder for non-wall work

Safe placement and nonslip bases

- Equip portable stepladders with nonslip bases to prevent a slipping hazard.
- Nonslip bases are not intended as a substitute for care in safely placing, lashing or holding a ladder that is being used upon oily, metal, concrete or slippery surfaces.
- Place ladders on firm and level surfaces **only**.



Safe positioning

1. When standing on a ladder, center your body between the hands and feet that are in contact with the ladder.
2. Keep your belt buckle, or its assumed location, within the ladder rails to ensure the center of gravity is maintained. This is referred to as the belt buckle rule.
3. Maintain a three-point grip on the ladder at all times.

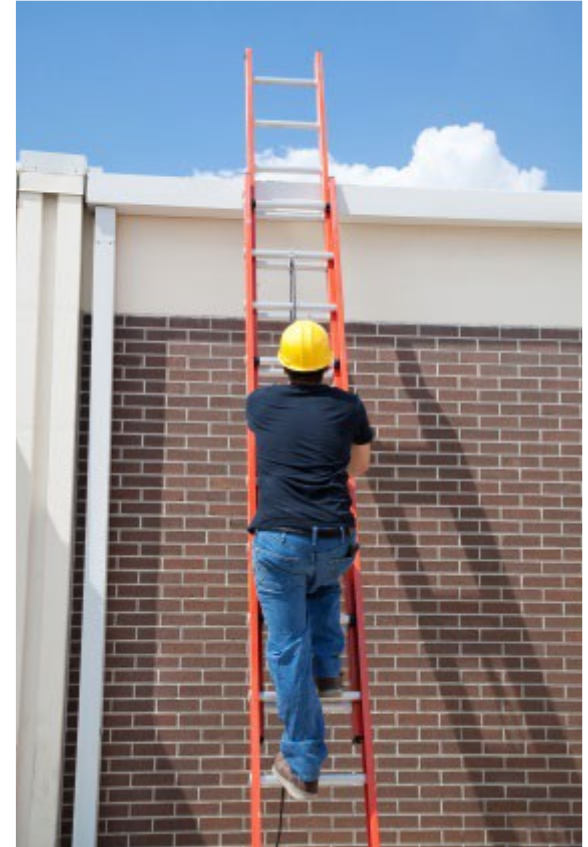
Three-point grip – Two hands and one foot or one hand and two feet.



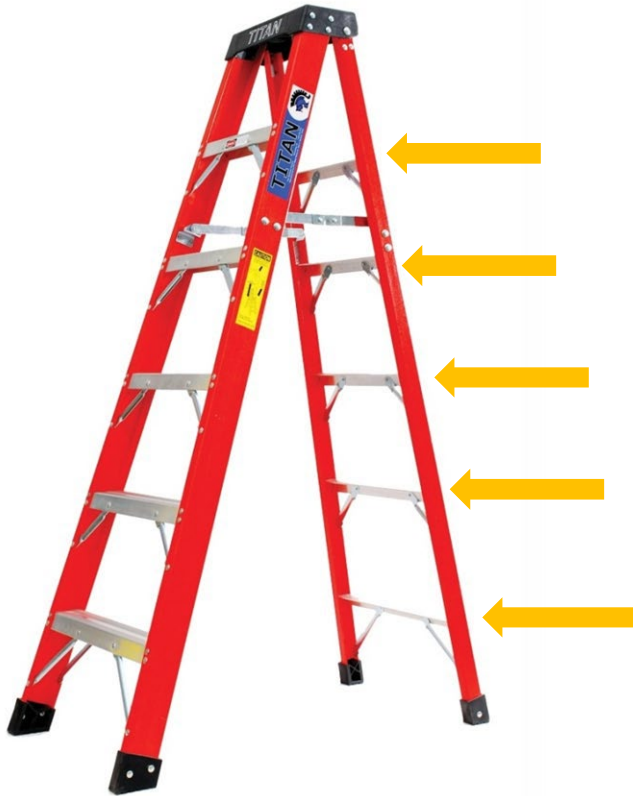
Correct posture

Climbing and descending

- Always face the ladder when climbing or descending.
- Always use both hands when climbing or descending.
- **Do not** move, shift or extend ladders while in use.
- **Never** attempt to descend a ladder by sliding down.
- Only one person at a time on a ladder when it is in use.



Climbing and descending



The bracing on the back legs of step ladders is designed solely for increasing stability. Do not climb on the bracing back legs of step ladders.

Climb safely.

Email ASU Environmental
Health and Safety at
asuehs@asu.edu or call
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questions.

