

MONTHLY

UC SAFETY SPOTLIGHT

Poster of the Month

Practical Tips to Help You Keep Yourself, Your Co-workers and Your UC Campus Safe, Healthy and Secure

FEBRUARY 2017

Portable Ladder SAFETY

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

Read and follow all labels/markings on the ladder.

Avoid Electrical Hazards! Look for overhead power lines before handling a ladder and keep away from them.

Never use a metal ladder near power lines or exposed energized electrical equipment.

Always inspect the ladder prior to using it. If the ladder is damaged, remove it from service and tag it as "Unsafe – DO NOT USE" until repaired or discarded.

Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.

Ladders must be free of any slippery material on the rungs, steps or feet.

Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing.

Be sure that all locks on an extension ladder or a step ladder are properly engaged.

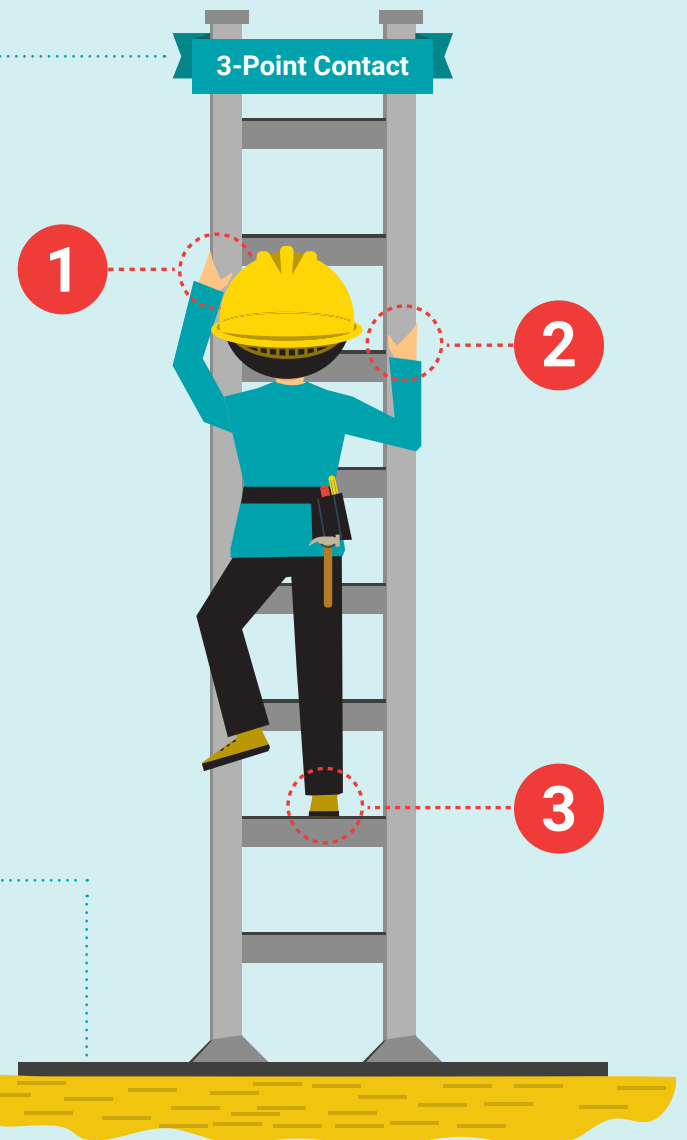
Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent movement.

Do not use a step ladder as a single ladder by leaning it against a wall in a partially closed position.

An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support. Do not stand on the three top rungs of a straight, single or extension ladder.

The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface.

Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.



Do not move a ladder while a person or equipment is on the ladder.

A ladder placed in any location where it can be impacted by nearby work activities must be secured to prevent movement, or a barricade must be erected to keep traffic away from the ladder.

Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.

Check the ladder's "duty rating" to know its load capacity. Don't exceed the maximum weight it can safely support, including the person's weight plus any tools or equipment carried or used aloft.

Adapted from OSHA.GOV

