

KSU Facilities Safety Bulletin

Volume 14, Issue 2

February 2, 2021

Ladder Safety

4-1 Rule for Ladders

The base of your ladder should extend 1 foot for every 4 feet of height between the working surface and the point of contact. When done correctly, the ladder will meet the ground at a 75-degree angle.

If the ladder extends 12 ft. from the ground to the upper support structure, it should be 3 ft. away from the wall; if 17-ft high, it should extend 4.25 ft, etc. (OSHA portable extension ladder safety [figure D-1](#) illustrated by Safesite.)

Climb and Balance Safely

Always ascend properly by maintaining three points of contact with the ladder. Face the ladder, climb hand over hand, and stay between the rails.

Don't carry tools or other supplies while climbing. Instead, hoist tools using a pulley system or electric hoist.

Leaning too far away from the center of the ladder can cause falls. Keep your waist between the rails to ensure your ladder's center of gravity stays where it should.

Avoid Hazards and Misuse

Take fall hazards seriously when using a ladder. Think proactively and prevent contact with anything that could affect the stability of your ladder, such as slippery surfaces, other people, and vehicles.

If your ladder is set up in a high traffic area, such as a doorway or aisle, secure your ladder and/or set up a barricade around it to prevent accidental contact.

Don't try to gain additional height by stacking ladders on other items, such as boxes, truck beds, or other ladders. Instead, request a different type or length of ladder. Do not attempt to perform the task until an adequate ladder or other equipment, such as a scaffold or scissor-lift, is provided.

Source: <https://safesitehq.com/osha-ladder-safety/>

February Vivid Courses

All: Ladder Safety Overview

Operations: Construction – Fall Protection

Fall Protection

Falls are among the most common causes of serious work-related injuries and deaths. Employers must take measures in their workplaces to prevent employees from falling off overhead platforms, elevated workstations or into holes in the floor and walls.

To prevent employees from being injured from falls, employers must:

- Guard every floor hole into which a worker can accidentally walk by use of a railing and toe board or a floor hole cover.
- Provide a guardrail and toe board around every open-sided platform, floor or runway that is 4 feet or higher off the ground or next level.
- Regardless of height, if a worker can fall into or onto dangerous machines or equipment (such as a vat of acid or a conveyor belt), employers must provide guardrails and toe boards to prevent workers from falling and getting injured.
- Other means of fall protection that may be required on certain jobs include safety harness and line, safety nets, stair railings and handrails.

OSHA requires employers to:

- Provide working conditions that are free of known dangers.
- Keep floors in work areas in a clean and sanitary condition.
- Select and provide required personal protective equipment at no cost to workers.
- Train workers about job hazards in a language that they can understand.

Source:

https://www.osha.gov/Publications/fall_protection_gc.html