Competent Ladder Inspector Training

Little Giant SAFETY
PREVENTING INJURIES,
SAVING LIVES

CLIMB ON
By the Numbers

All Falls

• US DOL – Falls are the leading cause of Occupational Death
• 35% of Total Deaths in Construction
• Typically 700-800 fall fatalities a year.

Falls off of Ladders

• 2,000 – number of people that go to the hospital every day due to a ladder related incident
• 100 – number of workers that are long term or permanently disabled every day from ladder related incident
• 1 – number of people that die every day from a ladder related accident
• 724,000 ladder related injuries per year
• 350 fatalities per year

CLIMB ON™
3 major causes of Ladder Accidents

1. Strains and sprains from handling heavy ladders - Most common injury, less serious but most expensive

2. Using the wrong ladder for the job – Most serious

3. Falls due to overreaching – Most serious accidents leading to permanent disability or death
1. Strains and Sprains
Little Giant ladders weigh less due to exclusive, high strength fiberglass.
Extension ladders up to 25% less in weight
Many ladders have wheels for easy movement
Balanced Carry Point is indicated on side rails for easy carrying
2. Using the Wrong Ladder

Examples

• Standing on the top of a 6 ft. Step Ladder vs. using an 8 ft. (Using the wrong size ladder).

• Using a Step ladder as an extension ladder
3. Overreaching

Falls due to overreaching –

• Most serious accidents leading to permanent disability or death
### Off an Inch = Off More Than a Foot

<table>
<thead>
<tr>
<th>Ladder Height Feet</th>
<th>Uneven Ground Inches</th>
<th>Slide at the Top Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td>28'</td>
<td>1/4”</td>
<td>6”</td>
</tr>
<tr>
<td>28'</td>
<td>1/2”</td>
<td>10”</td>
</tr>
<tr>
<td>28'</td>
<td>1”</td>
<td>19”</td>
</tr>
</tbody>
</table>

Increases side-tip stability by +600%
#1 – Choose The Right Ladder for the Job.
Use A Ladder
AND THIS IS WHY WOMEN LIVE LONGER THAN MEN

CLIMB ON
INSPECT IT HOW OFTEN?
Ladder Safety 101 Step Ladder

Reference OSHA 1910.1053, OSHA 1926.1053 ANSI A14.1, A14.2 – 1982 and American Ladder Institute

- Inspect before each use; tag out damaged ladders
- Must be used on level surface.
- Never stand on the top rung or top cap of a step ladder
- Never lean a step ladder against a structure and use as an extension ladder – Use a 90 degree ladder instead
- Do not set up in front of closed doors or in high traffic areas without taking proper measures
- Face the ladder when moving up or down
- Three Points of Contact
- When carrying a ladder, the front end is higher than the back end.
- Middle of the body stays between the side rails.

What do you see in the real world?
Ladder Safety 101 Extension Ladders

Reference  OSHA 1910.1053, OSHA 1926.1053  ANSI A14.1, A14.2-1982
and American Ladder Institute

Do not over reach!
Never step on the top three rungs.
Ladder must extend three feet over roof in order to access.
Inspect before each use; tag out damaged ladders
Maintain a 75.5 degree angle for Extension ladders
1 feet out from wall for every 4 feet of working height
Do not set up in front of closed doors or in high traffic areas without taking proper measures
Set up on level ground, use leg levelers
Face the ladder when moving up or down – “three points of contact”
When carrying a ladder, the front end is higher than the back end.
Middle of the body stays between the side rails.

What do you see in the real world?
Types of ladders

- Multi-purpose
- Extension Ladder
- Step Ladder
Types of ladders

- Fixed
- Combination Ladders
- Platform
- Orchard
- Mobile
- Trestle Ladders
Material & Rating

Wood

Aluminum

Fiberglass

CLIMB ON
4 to 1

Figure 2. The base of a straight ladder should be one foot out of every four of height to the point of support.
Fall Protection and Ladders

Fall protection is not required on Portable Ladders

- You **must** maintain 3 points of contact when working on a Portable ladder when ascending and descending

Is Fall Protection feasible when working on a ladder?

- How do you work with 1 hand????
FEET
RUNGS
SIDE RAILS
SPREADERS & LOCKS
NUTS & BOLTS
STICKERS
Feet on your ladder are like the tires on your car.
Side Rails
Steps & Rungs
Labels

- **DANGER**
  
  FAILURE TO READ AND FOLLOW INSTRUCTIONS ON THIS LADDER COULD RESULT IN INJURY OR DEATH

- **CLIMB ON**

- LADDER INSPECTION RECORD
  
  Equipment:
  
  LADDER NOT TO BE USED AFTER
  
  DATE BY
Fiber Bloom
Nuts & Bolts

All bolts and rivets are in place and securely tighten

Any auxiliary equipment is securely attached, not excessively worn and functions properly.

Hardware and fittings are securely attached and working properly

Ropes aren't frayed or badly worn
Moveable parts operate freely without binding or excessive play.

In the event a ladder is discarded, it must be destroyed in such a manner as to render it useless. Another person must not be afforded the opportunity to use a ladder that has been deemed unsafe.
PREVENTING INJURIES, SAVING LIVES™

• Better Ladder Safety Training

• Safer Ladder Design