



S&W READY MIX CONCRETE COMPANY	PLANT #:
CORPORATE ENVIRONMENTAL / SAFETY PROGRAM	JULY
LADDER SAFETY - MONTHLY TRAINING TOPIC	

WATCH YOUR STEP

Many types of ladders are available, and each is designed to do a certain kind of work. There are stepladders made for industrial, commercial and household use. There are single ladders, sectional ladders, extension ladders and rolling ladders. Ladders may be made of wood, fiberglass or metal, and they may be portable or fixed. The regulations in your industry and region will spell out what type and size of ladder you should be using for each job.

Here are some general reminders about choosing and using any type of ladder:

- ✓ Make sure it is the best ladder for the job. It should be the right design and constructed of the right material.
- ✓ Do not use the ladder for any purposes other than those recommended by the manufacturer.
- ✓ Never use a metal ladder or wire reinforced wood ladder when working near a live electrical conductor.
- ✓ The worker and the materials on the ladder should not exceed the recommended load limit.
- ✓ Do not create makeshift extension ladders by tying two ladders together. The proper hardware is required for extension.
- ✓ Examine the ladder for any defects or damage. Check for looseness between the rungs and the siderails, binding or too much play in moving parts. Check for split or cracked wood, corroded metal and frayed ropes.
- ✓ Rungs should be clean and free of grease or oil.
- ✓ The ladder's safety feet must be in good condition.
- ✓ Wooden ladders should not be painted because this can hide defects; instead, they should be coated with a clear lacquer.
- ✓ If a ladder tips over or otherwise receives an impact, it must be checked immediately for damage including dents in the side rails or rungs, looseness in connections between rungs and side rails, and other hardware problems.
- ✓ If you find a problem with the ladder, immediately withdraw it from service so it can be repaired or destroyed. Tag it as "Dangerous - Do Not Use."
- ✓ Position the ladder correctly, the way it was designed to be used. Place the base on a solid, non-slip surface. Both of the rails should be supported at the top unless the ladder is designed to be used with a single support attachment.
- ✓ A straight ladder should be set up using the four-to-one rule. For every four feet that goes up in height, the base of the ladder should be placed one foot away from the wall.
- ✓ Use both hands while climbing. Do not carry tools or materials in your hands; carry small tools in a belt and hoist larger items.
- ✓ Never lean out from a ladder because you can cause it to tip.
- ✓ Only one person should be on a ladder at a time.
- ✓ Never move a ladder while someone is on it.

