



SAFETY CLIPS

SC-1

Ladder Inspections

Items to inspect: (✓ = okay x = correction needed)

- () Clean ladder
- () Footing, Rungs & Rails cracked or damaged
- () Stored in an unstressed position
- () Storage in dry, shaded environment
- () Set up on level, firm, stable surface
- () 10 foot buffer zone from power lines
- () Safety labels legible (load capacity)
- () Tilt approximately 75 degrees of angle
- () Right ladder for the job
- () If painted, take out of service
- () Job built ladder to specifications
- () Ladder extends 3 feet above landing

Unsafe activity to watch for:

- () Using wrong type of ladder
- () Not wearing proper work clothing
- () Leaning too far past the rails
- () Transporting ladder improperly
- () Using ladder for scaffolding, a prop or sled
- () Carrying ladder carelessly
- () Not maintaining three point contact while ascending or descending
- () Setting up ladder improperly
- () More than one person on a ladder
- () Stepping above the third to the top rung
- () Improper storage of ladder
- () Using too short of ladder

Other safety issues noted:

Corrective Actions Taken:

Inspector: _____ Date: _____

The information contained herein is not intended to supersede any information provided by your insurance carrier nor is it intended to be legal advice.



A CONSTRUCTION ASSOCIATION SERVING
SONOMA, LAKE & MENDOCINO COUNTIES



Ladder Safety Training

- Check the ladder before each use for damage
- If a ladder is damaged, **DO NOT USE IT!** Red tag and remove from work area.
- Before mounting a ladder, check for stability, going up or down
- Wear proper work clothing (special note for proper foot gear)
- Use a three point contact rule while ascending or descending a ladder
- Never use the ladder as a scaffold, bridge, prop or sled
- Keep your belt buckle between the rails – don't overextend
- Once your chest is even with the ladder's top rung, go no higher
- Only one person on a ladder at a time
- Keep a 10 foot safety zone from power transmission lines
- Use the right ladder for the job
- Do not set up ladders in a walkway or doorways unless warning barriers are used
- Check rungs and shoes/boots for debris – clean before ascending the ladder
- Do not splice ladders together
- Do not jump off of ladders from any height

Post Training Questions:

- What is meant by three-point contact?
- Where and how should you store a ladder?
- How far should one safely lean sideways while on a ladder?
- How many people can occupy a ladder at the same time?
- How far should you set a ladder from any power transmission lines?
- What should be done with a damaged ladder?

Safety Recommendations by Employees:

Employees in Attendance:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Instructor name: _____ Date: _____

Note: This material represents additional resource information for periodic site inspections and employee safety training. It is not intended to meet all mandated compliance issues.

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