

WORK ACTIVITY

# LADDERS

**Required PPE**

REFLECTIVE VEST	HARD HAT	SAFETY BOOTS	PPE CLOTHING

**RECOMMENDED PPE**

<input type="checkbox"/> LIFELINE / HARNESS <input type="checkbox"/> SAFETY GLASSES	<input type="checkbox"/> FACE SHIELD <input type="checkbox"/> HEARING PROTECTION	<input type="checkbox"/> GOGGLES <input type="checkbox"/> MASK / RESPIRATOR	<input type="checkbox"/> GLOVES Cut-resistant <input type="checkbox"/> OTHER
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<sup>1</sup> JOB STEPS	<sup>2</sup> POTENTIAL HAZARDS	<sup>3</sup> CRITICAL ACTIONS TO MITIGATE HAZARDS
1. <u>Using Ladders:</u>	Risks of injury from improper use or damaged ladder	Only use the ladders for its intended purpose.
2. <u>Remove ladder from storage area or truck and carry to Work area</u>	Material Handling- Back and shoulder strains	Inspect Ladder Ensure good footing. Get secure grip on ladder. Remove slowly and smoothly Get help to carry ladder if it's too heavy to handle alone.
3. <u>Set up Ladder</u>	Back and shoulder strains	Position ladder close enough to avoid reaching after climbing. Set legs on ground, swing legs out, ensure spreaders fully open and locked ensure feet are on firm level ground.
4. <u>Climb ladder</u>	Tip over-Loss of Balance-Falls	Face ladder, climb slowly, and hold side rails with both hands. Do not stand on top step. Be aware of your surroundings.  Area around ladders is to be kept dry, clean of any debris, and access/egress area is also clear  Maintain 3 point contact at all times
5. <u>Working off ladder</u>	Reaching out too far  Pinch Points, Strains, and Sprains  Falls  Electrocution	Do not allow center of body to pass side rails of ladder  Think about body positioning; avoid over reaching, hyper extending, location/ position of extremities, are you in the best position for leverage?  When working on a ladder, the user shall face the ladder using three (3) points of contact at all times.  If working above 6' and three points of contact cannot be maintained, a platform ladder may be used or Fall Protection will be required  No ladder shall be erected within 10 feet of a power line.
6. <u>Descending ladder</u>	Falls from jumping or slipping	Do not rush, use side rails, use all steps, do not jump  When ascending, descending or working on a ladder, the user shall face the ladder using three (3) points of contact at all times.

<sup>1</sup> Each Job or Operation consists of a set of steps. Be sure to list all the steps in the sequence that they are performed. Specify the equipment or other details to set the basis for the associated hazards in Column 2

<sup>2</sup> A hazard is a potential danger. What can go wrong? How can someone get hurt? Consider, but do not limit, the analysis to: **Contact** - victim is struck by or strikes an object; **Caught** - victim is caught on, caught in or caught between objects; **Fall** - victim falls to ground or lower level (includes slips and trips); **Exertion** - excessive strain or stress / ergonomics / lifting techniques; **Exposure** - inhalation/skin hazards. Specify the hazards and do not limit the description to a single word such as "Caught"

<sup>3</sup> Aligning with the first two columns, describe what actions or procedures are necessary to eliminate or minimize the hazards. Be clear, concise and specific. Use objective, observable and quantified terms. Avoid subjective general statements such as, "be careful" or "use as appropriate".