



## **ASRC LADDER SAFETY CHECKLIST**

### **To prevent falls from ladders, make sure you have the following controls in place:**

- Use only ladders that are in good condition and designed to handle the climbing job that needs to be done.
- Train employees on proper ladder use.
- Make proper ladder use a performance requirement for the job.
- Require employees to complete a ladder inspection before each use.

### **Criteria for Ladder Purchase and Care**

- Check OSHA standards for the type of ladder you are using.
- Use only Underwriter's Laboratory approved ladders (will have the UL seal).
- Woods ladders are not to be purchased or used at ASRC.*

### **Ladder Usage**

- Be sure step ladders are fully open and locked before climbing them.
- Place ladder on a flat, secure surface.
- Place ladder on a hard surface as it will sink into a soft surface.
- Place ladder on a non-movable base/surface.
- Lean ladder against a secure surface, not boxes or barrels.
- Do not place ladder in front of a door.
- Position base of ladder one foot away for every four feet of height to where it rests (1:4 ratio).
- Ladder rails should extend at least three feet above top landing.
- Check shoes to ensure they are free of grease or mud.
- Mount the ladder from the center, not from the side.
- Face ladder when ascending or descending, and hold on with both hands.
- Carry tools in pockets, in a bag attached to a belt, or raised and lowered by rope.
- Don't climb higher than the third rung from the top.
- Work facing the ladder.
- Do not overreach, always keep your torso between the ladder rails.
- When using ladder for high places, securely lash or fasten the ladder to prevent slipping.
- Avoid outdoor ladder use on windy days.
- Avoid aluminum ladders if work must be done around electrical wires or power lines.

**Signature:**

**Date:**

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