

University of Alaska Anchorage	Section EHS/RMS
<b>ADMINISTRATIVE SERVICES MANUAL</b>	Statement 28
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Title <i>LADDER SAFETY</i>	Effective Date 05/15/12

*Purpose*

Ladders present unique opportunities for unsafe acts and unsafe conditions. Employees who use ladders must be trained in proper selection, inspection, use and storage. Improper use of ladders has caused a large percentage of accidents in the workplace. Use caution on ladders. [OSHA reference: \(29 CFR 1910.25, 1910.26, and 1910.27\).](#)

*Hazards*

Falls from ladders can result in broken bones and/or death. Ladder safety is a life saving program at UAA.

**Hazards include:**

- Ladders with missing or broken parts.
- Using a ladder with too low a weight rating.
- Using a ladder that is too short for purpose.
- Using metal ladders near electrical wires.
- Using ladders as a working platform.
- Objects falling from ladders.
- Using ladders in uncontrolled high traffic areas.

*Inspection*

Inspect ladders before each use.

- All rungs and steps are free of oil, grease, dirt, etc.
- All fittings are tight.
- Spreaders or other locking devices are in place.
- Non-skid safety feet are in place.
- No structural defects, all support braces intact.
- Do not use broken ladders. Most ladders cannot be repaired to manufacturer specifications. Throw away all broken ladders.

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*Wooden Ladders* **The use of wooden ladders at UAA is prohibited.** The ladders themselves can be just as safe as any other ladder type available, but the problem lies in both age and maintenance. Wooden ladders are much harder to maintain than any other type of ladder, increasing the duty and accountability of more frequent inspections. In addition, the safety regulations are more stringent in regard to wooden ladders.

*Storage* Store ladders on sturdy hooks in areas where they cannot be damaged. Store to prevent warping or sagging. Do not hang anything on ladders that are in a stored condition.

*Ratings & Limits* **Ladder weight ratings**

- I-A 300 pounds (heavy duty)
- I 250 pounds (heavy duty)
- II 225 pounds (medium duty)
- III 200 pounds (light duty).

**Limits on ladder length**

- A stepladder should be no more than 20 feet high.
- A one-section ladder should be no more than 30 feet.
- An extension ladder can go to 60 feet, but the sections must overlap.

*Setup* The following procedure must be followed to prevent ladder related injuries:

- Place ladder on a clean, slip-free level surface.
- Extend the ladder to have about 4 feet above the top support or work area.
- Anchor the top and bottom of the ladder

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- Place the ladder base 1/4 the height of the ladder from the wall when using an extension ladder.
- Never allow more than one person on a ladder.
- Use carriers and tool belts to carry objects up a ladder.
- Do not lean out from the ladder in any direction.
- If you have a fear of heights - don't climb a ladder.
- Do not allow other to work under a ladder in use.

### *Maintenance*

- Keep ladders clean
- Never replace broken parts unless provided by the original manufacturer
- Do not attempt to repair broken side rails
- Keep all threaded fasteners properly adjusted
- Replace worn steps with parts from manufacturer