

HAZARD ALERT

CPWR
THE CENTER FOR CONSTRUCTION
RESEARCH AND TRAINING

LADDERS

HF&C
HAYLOR, FREYER & COON^{INC.}
Insuring All You Value

Am I in danger?

If you use a ladder on a construction site, then the answer is **YES**.

Falls are the leading cause of deaths and injuries in the construction industry.

- Each year, more than 4,000 construction workers are injured so seriously by ladder falls that they miss work.
- Each year, about 70 construction workers DIE in falls from ladders.



PHOTO COURTESY OF ROBERT CARR, PH.D., P.E.

Electrocution Hazard

Falls aren't the only way to get hurt on a ladder!

Contact with overhead power lines can be fatal. Make sure your ladder is positioned **at least 10 feet away from power lines**.

Aluminum conducts electricity. Fiberglass is a better choice when working near electricity.



A painter was electrocuted when a metal ladder came in contact with a powerline.



To learn more visit:

- ▶ www.StopConstructionFalls.org
- ▶ OSHA's eTool: Falls - Ladder Safety <https://www.osha.gov/SLTC/etools/construction/falls/4ladders.html>

Get more of these Hazard Alert cards – and cards on other topics.

Call 301-578-8500

To avoid a fall ...



Not every defect is this obvious

1 Inspect the ladder before every use

Inspect the rails, rungs, feet, and spreaders or rung locks of your ladder for defects or damage **every time** you use it. If you see any damage, **tag it** "do not use" and request another ladder in proper working order. Always check your ladder's duty rating to make sure it will support you and your toolbelt!



PHOTO COURTESY OF KIEWIT POWER CONSTRUCTORS

The minute you take to tie off could save your life.

2 Position your ladder properly

For all ladders:

- Make sure you have level, solid footing for your ladder.
- Position the ladder near your work to avoid overreaching.

For extension ladders:

- Set the base one foot away from the building for every four feet of height.
- Tie off the ladder at the top – and bottom where possible!



PHOTO COURTESY OF KIEWIT POWER CONSTRUCTORS

3 Use the ladder safely

- Maintain three-point contact with the ladder at all times.
- Do not stand on the top two rungs of a stepladder, or the top four rungs of an extension ladder.
- Have your partner hold the ladder to steady it as you climb up and down
- **Don't carry tools and materials while climbing. Use a rope to haul or hoist materials to the upper level!**



PHOTO COURTESY GREATER PA REGIONAL COUNCIL OF CARPENTERS

Is a ladder the right tool for the job?

For **work at heights**, consider using a **scaffold** or **aerial lift**. The wider work platform and guard rails can reduce your risk of falls.

If you think you are in danger:

Contact your supervisor.
Contact your union.

Call OSHA
1-800-321-OSHA