

Ladder Safety Month – March 2022

Ways to participate:

- Conduct a tool box talk with work crews on ladder safe work practices
- Demonstrate how to conduct a ladder inspection
- Review JSAs to verify that ladder hazards have been identified and controlled
- Distribute ladder safety information to employees and supervisors
- Do a site inspection of all the ladders and remove defective ones from use
- Ask workers if they have any issues with their ladders and if they have the proper ones for the job
- Discuss a ladder incident and how it could have been prevented
- Have senior leadership participate in a stand down and emphasize the importance of ladder safety on the job
- Run a ladder safety article in the company newsletter
- Have a worker share a testimonial on a ladder related fall and its impact



Quick Stats on Ladder Related Incidents

2020 BLS U.S. LWDI Cases	2020 BLS U.S. Fatal Cases	2020 BLS TX LWDI Cases	2020 BLS TX Fatal Cases
22,710	161	1080	18
In 2020 there were 1,219 workers compensation lost work day claims in Texas related to fall or slip from a ladder or scaffold	In 2020, the most lost work day claims, 38.2%, for a fall or slip from a ladder or scaffold were for workers on the job for less than 1 year	In 2019 the average medical cost of a lost work day claim in Texas related to a fall or slip from a ladder or scaffold was \$16,635	
In FY 2021 SE TX there were 2 fatal ladder related incidents reported to OSHA both in general industry		In FY 2021 there were 21 serious incidents related to ladders reported to OSHA with 8 in general industry and 13 in construction	

Sample FY 2021 Ladder Related Incidents Reported to OSHA in SE TX:

- Employee was installing HVAC ducting from a ladder with his back towards wiring with wire nuts. A wire nut had come loose, exposing the wire. He was shocked with 277 volts of electricity. Employee was taken to an emergency clinic for electric shock and while at the clinic, he experienced a stroke.
- An employee was carrying a push broom and slipped and fell onto a concrete floor while descending a wooden, job-made, single-cleat ladder. His left foot slipped on about the 8th cleat and he fell backward onto the push broom and the floor sustaining bruised ribs, a fractured right arm, and lacerations to the lower lip.
- Employee was repairing building lights from a 10' ladder. As he was closing the light fixture, he noticed that the ladder was in the way. He tried to hop the ladder while he was on it to free it from the light fixture. He lost his footing and fell from the ladder injuring his left leg
- Employee was working from an 8' platform ladder sanding walls with a dry sand block. As he stepped down from the ladder, he got distracted speaking with a co-worker and missed a step of the ladder. He fell to the ground suffering a head contusion.

Portable Ladder Safety

- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing.
- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on the ladder.
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support.
- Do not stand on the three top rungs of a straight, single or extension ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface.
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.



OSHA Ladder Quick Card English



OSHA Ladder Quick Card Spanish



CPWR Ladder Hazard Alert English



CPWR Ladder Hazard Alert Spanish

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If you're interested in a presentation to your group or association, have questions on the materials, or would like to be on the Houston North email list to receive flyers such as this, contact Jim Shelton, CAS, at shelton.james@dol.gov