



## Ladder Safety

Ladders get you where you need to go, but using them safely is important. An uneven surface or damaged ladder could put you on the sidelines for weeks – even months. More than 24,000 injuries and 36 deaths occur every year from ladder accidents, according to the Occupational Safety and Health Administration.

### Checklist

Inspect the ladder before using it for:

- Structural damage such as split or bent side rails
- Missing safety devices or broken rungs or steps
- Grease, dirt or other substances that could cause slips or falls
- Paint, tape or stickers, except warning labels, that could hide defects

### Ladder Basics

- Select the correct ladder for the task.
- Place the ladder on a stable and level surface.
- Ensure the ladder's length will reach the work area.
- Mark damaged ladders for replacement, or destroy them immediately.
- Never load ladders beyond the maximum intended load or rated capacity.
- Be sure the load rating can support the weight of the user and the job materials.
- Avoid using metal ladders for electrical work or near overhead power lines.
- Keep the area around the top and bottom of the ladder clear.
- Never stand on the top step or one rung down on step ladders, or the top three rungs of straight ladders.
- Never carry your equipment or loads as you climb the ladder. Hoist the tools you need up and down.

## Climb Safely

- When climbing, face the ladder and use the hand-over-hand method, placing your hands on the rungs.
- When using a stepladder, do not climb using the cross bracing on the back of the ladder.
- Do not tie or fasten ladders together to create longer sections.
- Ensure a metal spreader or locking device is on each stepladder to hold the front and back sections open when the ladder is being used.
- Make sure the ladder's components will not cause punctures, lacerations or snag the user's clothing.
- Ensure wooden ladders are not coated with any opaque covering, except for identification or warning labels.

## Ladder Types

- A portable ladder can be moved easily.
- A fixed ladder is an integral part of a structure and cannot be moved easily.
- A job-made ladder is made at the construction site.
- A through fixed ladder requires a person to step between the rails to reach the landing.
- A side-step fixed ladder requires a person to get off at the top to step to the side of the ladder's side rails to reach the landing.
- A single-cleat ladder has a pair of side rails connected by cleats, rungs or steps.

Source: Occupational Safety and Health Administration

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

**Founded in 1925, CopperPoint Insurance Companies is a western-based super regional commercial insurance company and a leading provider of workers' compensation and commercial insurance solutions.** With an expanded line of insurance products and a growing 10 state footprint in the western United States, CopperPoint is in a strong position to meet the evolving needs of our brokers, agents and customers.

The company has \$4.8 billion in total assets and an enterprise surplus of \$1.4 billion. The CopperPoint Family of Insurance Companies include CopperPoint, Alaska National and PacificComp. All companies are rated A (Excellent) by AM Best.