



STAIRS & LADDERS

PHOTO SOURCE: WWW.OSHA.GOV

Need to Know- Stairs & Ladders



PA OSHA CONSULTATION

Remember....

- Extend side rails of extension ladders 3 feet above the upper landing surface
- Never exceed the load/capacity
- Use the ladder only as designed
- Angle the ladder so the horizontal distance of bottom is $\frac{1}{4}$ the working length of the ladder
- Avoid use of ladder on surfaces that are:
 - Unstable
 - Not level
 - Slippery
- Secure ladders to prevent movement
- Keep clear areas around the top and bottom of the ladder
- Ascending or descending ladder:
 - Maintain 3-point contact
 - Face ladder
 - Stay inside side rails
 - Never carry tools/objects in hands
- Don't move, shift, or extend the ladder while in use
- When exposed to energized electrical equipment, use nonconductive side rails
- Don't use the top step of a stepladder
- Don't climb the cross-bracing on the rear section of a stepladder
- Don't tie or fasten together to create longer sections, unless design allows
- Stepladders must have a metal spreader or locking device to hold in open position.
- Inspect the ladder:
 - For visible defects periodically
 - After any incident that could have created a structural defect
- Remove defective ladders from service with:
 - Broken or missing parts
 - Corrosion
 - Other faulty or defective components