

Ladder Safety

REGULATIONS: A-FRAME LADDERS

OSHA Standard Subpart X 1926.1051(a) A stairway or ladder shall be provided at all personnel points of access where there is a break in elevation of 19 inches (48 cm) or more, and no ramp, runway, sloped embankment, or personnel hoist is provided.

OSHA Standard Subpart X 1926.1053(a)(1)(ii) Each portable ladder that is not self-supporting: At least four times the maximum intended load, except that each extra-heavy-duty type 1A metal or plastic ladders shall sustain at least 3.3 times the maximum intended load. The ability of a ladder to sustain the loads indicated in this paragraph shall be determined by applying or transmitting the requisite load to the ladder in a downward vertical direction when the ladder is placed at an angle of 75½ degrees from the horizontal. Ladders built and tested in conformance with the applicable provisions of appendix A will be deemed to meet this requirement.

OSHA Standard Subpart X 1926.1053(a)(1)(iii) Each fixed ladder: At least two loads of 250 pounds (114 kg) each, concentrated between any two consecutive attachments (the number and position of additional concentrated loads of 250 pounds (114 kg) each, determined from anticipated usage of the ladder, shall also be included), plus anticipated loads caused by ice buildup, winds, rigging, and impact loads resulting from the use of ladder safety devices. Each step or rung shall be capable of supporting a single concentrated load of at least 250 pounds (114 kg) applied in the middle of the step or rung. Ladders built in conformance with the applicable provisions of appendix A will be deemed to meet this requirement.

OSHA Standard Subpart X 1926.1053(b)(3) Ladders shall not be loaded beyond the maximum intended load for which they were built, nor beyond their manufacturer's rated capacity. OSHA Standard Subpart P 1926.651(d) Exposure to vehicular traffic. Employees exposed to public vehicular traffic shall be provided with, and shall wear, warning vests or other suitable garments marked with or made of reflective or high-visibility material.

OSHA Standard Subpart X 1926.1053(b)(4) Ladders shall be used only for the purpose for which they were designed.

OSHA Standard Subpart X 1926.1053(b)(8) Ladders placed in any location where they can be displaced by workplace activities or traffic, such as in passageways, doorways, or driveways, shall be secured to prevent accidental displacement, or a barricade shall be used to keep the activities or traffic away from the ladder.

OSHA Standard Subpart X 1926.1053(b)(9) The area around the top and bottom of ladders shall be kept clear.

OSHA Standard Subpart X 1926.1053(b)(13) The top or top step of a stepladder shall not be used as a step.

LADDER USE FACTS:

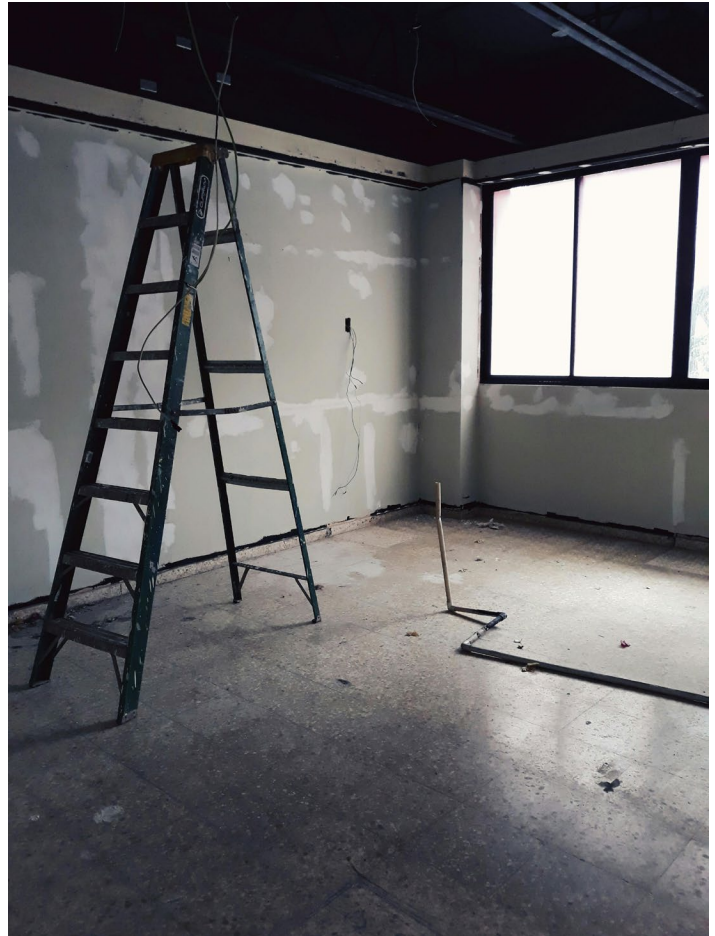
Workers who use ladders in construction face the risk of severe injury or even fatal accidents from falls and electrocution. To mitigate these risks, adhere to the guidelines outlined in Appendix A of Subpart X. Always follow the manufacturer's instructions and the labels on the ladder. When selecting a ladder, consider both your weight and the weight of your load, ensuring that the combined weight does not exceed the ladder's load rating. Be sure to account for the weight of all tools, materials, and equipment.

**QUANDEL IS COMMITTED TO OUR NUMBER ONE CORE VALUE:
SAFETY: FIRST. LAST. ALWAYS!**

Purpose: Know the Risks and Limitations of Ladders. In 2020, there were 161 fatal work injuries from which ladders were the primary source.

WHAT YOU NEED TO KNOW:

1. Ladders last. If you can establish a firm working surface without using a ladder ex: (elevated work platform, scaffolding or lifts) use them first.
2. Never deviate from the intended use of a ladder and always follow the manufacturer's recommendations and procedures.
3. Make certain your combined weight does not exceed the capacity of the ladder.
4. Use the right ladder height for the task at hand. Keep the distribution of your weight at the lowest point of the ladder possible. Do not allow your center of gravity to extend beyond the sides of the ladder. Follow the belt buckle rule (belt buckle should never be outside the parallels of the ladder).
5. Use a platform ladder whenever possible.
6. Practice the one-to-one principal. For every foot up remain one foot away from the leading edges of a working surface, roof or guardrail protection system.
7. Maintain all required setbacks to electrical hazards.
8. Common Stepladder Hazards:
 - Damaged stepladder
 - Ladders on slippery or unstable surfaces
 - Unlocked ladder spreaders
 - Standing on the top step or top cap
 - Loading ladder beyond rated load
 - Ladders in high-traffic locations
 - Reaching outside ladder side rails
 - Ladders in close proximity to electrical wiring/equipment.



"Whether ladders must be provided for access/egress for employees climbing columns to make initial connections; whether the initial connection referenced in Question #42 of Directive Number CPL 02-01-034 must be by two wrench-tight bolts?" Occupational Safety and Health Administration, www.osha.gov/laws-regs/standardinterpretations/2005-09-19. Accessed 26 June 2024.

"1926.1053 - Ladders." Occupational Safety and Health Administration, www.osha.gov/laws-regs/regulations/standardnumber/1926/1926.1053. Accessed 26 June 2024.

OUR PURPOSE

Lead. Make a difference. Build a better future!

OUR VALUES

Safety: First. Last. Always!

Steadfast Integrity: Be honest. Treat other with respect.

Exceptional Service: Align goals. Add value. Develop lasting relationships.

Commitment to Excellence: Take ownership. Constantly improve.

Focus on Team: Listen. Collaborate. Communicate. Execute.

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