



Company Name: \_\_\_\_\_ Job Site Location: \_\_\_\_\_

Date: \_\_\_\_\_ Start Time: \_\_\_\_\_ Finish Time: \_\_\_\_\_ Foreman/Supervisor: \_\_\_\_\_

**Topic 689: Rolling Ladders**

**Introduction:** Rolling ladders can play a big part in performing work and they can, when not used properly, be very dangerous. They can be a handy and useful tool, or an injury causing device. Injuries that can occur include slips, trips, falls, and undue stress on the back.

**Following are safety guidelines for ensuring the safe use of rolling ladders:**

- **Only** competent personnel should be responsible for the use, inspection, and care of the ladders.
- **All** work on rolling ladders should be carried out on a go slow basis until personnel become proficient in the use of the ladders.
- **Inspect** the ladder before climbing. Rolling ladders are usually made of lightweight, tubular metal and have a wide tread. Rolling ladders may or may not have spring-loaded casters that retract when climbers put their weight on the bottom step. Learn all the functions of the ladder you are about to use. If the ladder is not properly rated, notify your superior.
- **Improve** slip resistance by using slip-resistant materials on ladder treads. The obvious benefit of slip-resistant material is that it reduces fall risks when you are climbing or descending. Keep the treads clean. Make sure the tread on your shoes or boots are clean.
- **Know** the load rate of the ladder. Do not create additional stress on the ladder. Keep the load on the ladder (including you) below its maximum load capacity. Ladders should meet ANSI requirements.
- **Remember**, a two step to five step rolling ladder may or may not have handrails to aid in climbing. If the rolling ladder is over six steps, it should be equipped with a handrail for the added protection of the climber. Rolling ladders over six steps should have positive locking casters, rather than the spring-loaded type usually found on the shorter rolling ladders.
- **Inspect** the ladder before each shift to ensure it is safe. Make sure the ladder will not roll while you are on it. Wheel locks or brakes must be set and working. Test them before ascending the ladder. Fall protection is required over ten feet.
- **Always** tag or mark defective ladders with the words: "Dangerous, Do Not Use."
- **Keep** the area around the bottom of the ladder free of debris. Do not hang your body out over the ladder.
- **Do not** paint ladders. Paint conceals defects. Use transparent preservatives instead.
- **Make sure** you use safe handling techniques for the loads you will encounter. Back injuries are a leading cause of down time on the job. Ask for assistance when a load is heavy.



**When moving, setting up, and climbing:** Position the ladder, trip the safe-lock, and ensure the ladder is sitting on padded front legs.

- **Make sure** that the path is clear and wide enough to move the ladder.
- **Ensure** that all tools and equipment are removed before moving.
- **Make sure** there is enough clearance between the top of the ladder and the ceiling or lights.
- **Before climbing**, apply brakes or wheel locks to prevent movement, and/or tie the rolling ladder to a rigid structure to help secure the ladder.
- **When stepping** to and from the ladder, do not jump.
- **Maintain** three point contact for safety.
- **Do not** overreach the handrails. Move the ladder.
- **Employees** must not work aloft higher than (10 ft.) 3 m without first adequately securing themselves with a suitable fall arresting device.
- **Do not** climb higher than the top platform on the railing.
- **Do not** stand with one foot on the ladder and the other on a different object, such as shelving.



**Regular inspection of rolling ladders should be performed to determine the condition of the ladder.**

**Check:** Make sure there has been no impact damage.

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|--|---|---|---|---|---|--|
| <ul style="list-style-type: none"> <li>■ Integrity of all welds</li> <li>■ Broken or missing parts</li> <li>■ Proper operation of braking devices</li> </ul> |  | <ul style="list-style-type: none"> <li>■ Condition of wheels</li> <li>■ Steps, treads</li> <li>■ Handrails</li> <li>■ Back rail</li> <li>■ Base rail</li> </ul> |  | <ul style="list-style-type: none"> <li>■ Axle</li> <li>■ Safety gate (where applicable)</li> <li>■ Caster tubes</li> <li>■ Cross rails</li> </ul> |  | <ul style="list-style-type: none"> <li>■ Swivel casters</li> <li>■ Rubber foot pads</li> <li>■ Bolts, nuts, cotter pins</li> <li>■ Extension handles</li> <li>■ Locks</li> </ul> |
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**Conclusion:** Remember; know the load rate of the ladder. Do not create additional stress on the ladder. Utilize these safety guidelines.

**Work Site Review**

Work-Site Hazards and Safety Suggestions: \_\_\_\_\_

Personnel Safety Violations: \_\_\_\_\_

**Employee Signatures:**

*(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)*

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Foreman/Supervisor's Signature:** \_\_\_\_\_

*These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.*