# **Ladders Safety**

### Load Ratings:

- > Light Duty III Maximum intended load 200lbs
- > Medium Duty II Maximum intended load 225lbs
- > Heavy Duty I Maximum intended load 250lbs
- > Extra Heavy Duty IA Maximum intended load 300lbs
- > Extra Heavy Duty IAA Maximum intended load 375lbs

#### • Inspection, Selection and Setup:

#### Inspection:

- > Inspect ladders before use.
- > Ensure there is no damage to the feet, side rails, rungs, locks and any safety devices.
- > If a ladder is found to be damaged immediately tag "Do Not Use" or "Out of Service" and remove it from the work area.
- > If in doubt, do not use the ladder.

#### Selection:

- > Select the appropriate ladder for the work to be accomplished.
- > Ensure that the ladder will not be overload. Calculate the employees weight, the tools and materials to be used on the ladder.
- Keep the working environment in mind, an aluminum ladder is not appropriate for working around electrical equipment.

#### Setup:

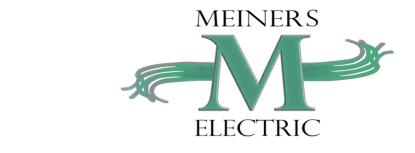
- > Ladders should be setup on a firm level surface.
- > Step ladders need to be opened and the spreaders locked in place.
- > Extension ladders need to be setup at a 4 to 1 ratio
- > If an extension ladder is to be use to gain access to an upper level or platform, then the ladder must extend past the upper platform by 3'.
- > Tie off extension ladders at the top after setting up.

#### Ladder Safety:

- > Always maintain three points of contact.
- > Never overload a ladder.
- > Work within the side rails
- > Do not carry tools and materials in you hands when climbing a ladder.
- > Be mindful of persons working around you.
- > Be aware of environmental changes such as weather.

**Note:** When working on **E-on** sites, fall protection is required when working from a ladder at or above the 4 foot level. If personal fall protection cannot be used, then a second person with be required to toe the ladder to maintain stability.







## Fall Protection and Prevention







It is the policy of Meiner's Electric that fall protection shall be addressed prior to any job through job briefings. Fall protection will be instituted when a fall potential exists that is equal to, or greater than standards set forth by OSHA. Fall protection may also be required by special client policies or specific hazards associated with a job. The most stringent of the requirements will be adhered to.

"Unprotected sides and edges." Each employee on a walking/working surface (horizontal and vertical surfaces) with an unprotected side or edge which is:

- 4' or greater for General Industry and the Power Industry or;
- **6'** or greater for the Construction Industry

above a lower level shall be protected from falling by the use of guardrail systems, safety net systems, or personal fall arrest systems.

Personal Fall Protection devices will be used whenever a fall potential cannot be controlled by the use of covers, barricades, etc.

**NOTE:** Reasonable care has been taken in preparing this document and the information provided herein is believed to be accurate. However, this information is not intended to constitute an "authoritative resource"