

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"