



What's wrong with this picture?

See back for guidelines.



# BE CAREFUL UP THERE



**72**

AVERAGE LOST DAYS FROM CONSTRUCTION FALLS (in 2020)



**221**

CONSTRUCTION FALLS (WCF statistics from 2020)

We do not undertake to perform the duty of any person to provide for the health or safety of your employees. Our recommendations are based on conditions observed during assessments. We do not warrant that your workplaces are safe or healthful, or that they comply with any laws, regulations, codes, or standards.

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# SAFETY GUIDELINES WHEN WORKING FROM LADDERS

Before using a ladder, determine that it's the safest piece of equipment to use for the performed work and reaching an elevated area. If you're planning to use tools that must be gripped in one or both hands while standing on a ladder, seriously consider working from another type of platform to ensure safety.

- Identify a competent person to use ladder.
- Make sure all employees authorized to use ladders are trained by a competent person about using ladders safely.
- Always use the correct ladder for the job and ensure the ladder is tall enough for the job.
- Always ensure that the ladder is adequate for the anticipated weight of its user.
- Do not move any ladder while it is occupied.
- Only allow one person on a stepladder at a time.
- Always inspect any ladder before using it. If defective, remove from service and tag "out of service." Ladders should be inspected by a competent person before use. Never use a defective ladder.
- Ladder must bear all hazard warning labels.
- Do not paint ladders. (May mark company name on outside of one side rail).
- Use ladders for intended purposes only.
- Use only in the fully open position.
- Ensure it is equipped with an operable spreader bar attached to the side rails of the ladder at both ends of the spreader bar.
- Ensure it is equipped with slip-resistant feet on all four legs.
- Do not set up in doorways.
- Do not stand sideways when working from a stepladder.
- Before using any stepladder, make sure that rungs are free of snow, ice, or any other slippery surface.
- Always have both feet set on the same rung.
- When working from a ladder, always keep your weight centered between the side rails.
- Always use three points of contact when ascending or descending any ladder.
- Always face the ladder when working from, ascending, or descending.
- Work from only one side of the stepladder. Do not straddle, even if designed to work from two sides of the ladder. Only work from the side designed for such purpose. Do not stand on the side designed to stabilize the ladder.
- Do not work from the top step or the top platform of the ladder.
- Do not use stepladders to access or egress upper levels.
- Do not use a stepladder for access/ egress in excavations or trenches.
- Do not use a ladder as a base for makeshift work platforms.
- Maintain at least 10 ft. from any energized electrical.
- Do not set adjacent to open holes unless a hole cover can be used to protect the open hole.
- Do not set adjacent to objects that, if fallen upon, could result in injury.
- Do not set on scaffolds or lifts or any other object to gain additional height.
- Before discarding, ladders should be completely destroyed.
- Do not modify ladders in any manner unless authorized by the manufacturer.
- Use on dry, level surfaces. If snow or ice is present, remove snow or ice from the area where you plan to set the base of the stepladder.
- When used adjacent to a fall exposure, face the working side of the ladder toward the fall exposure and work from the side of the ladder so a worker faces the fall exposure and the ladder is between the worker and the fall exposure.
- When used adjacent to a fall exposure and working above the fall protection (such as a guardrail) a worker must be protected by a personal fall arrest system anchored to suitable anchorage (capable of supporting 5,000 lbs. per person attached). If a personal fall arrest system cannot be used in the situation, the ladder must be positioned at least the length of the ladder away from the fall exposure and the ladder must be positioned so a worker must face the fall exposure when working from the ladder. If a personal fall arrest system can be anchored to suitable anchorage, then a personal fall arrest system must be used in this situation.

These are free resources available to you through WCF Insurance.

**For questions or help with your safety program, please call (800) 446-2667 or visit [wcf.com](http://wcf.com).**