Construction falls (in 2016 WCF statistics) 248

Average lost days for construction falls (in 2016) 74

What is wrong with this picture? See back for guidelines.
Some Safety Requirements / Guidelines for working from Ladders

Before using any ladder, determine that a ladder is the safest equipment for reaching the elevated area. If you are planning to work from the ladder using tools that must be gripped in one or both hands while standing on the ladder, then you should seriously consider working from another type of platform other than a ladder.

- Competent person identified.
- All employees authorized to use ladders trained by a competent person in the safe use of ladders.
- Always use the correct ladder for the job. Always make sure the ladder is tall enough for the job.
- Always make sure that the ladder is adequate for the anticipated weight.
- Do not move any ladder while it is occupied.
- Only one person at a time on a stepladder.
- Always inspect any ladder before you use it. If defective, remove from service and tag “out of service.” Ladders should be inspected by a competent person before use. Never use any defective ladder.
- Ladder must bear all hazard warning labels.
- Do not paint ladders. (Can mark company name on outside of one side rail).
- Use ladders for intended purpose only.
- Use only in the fully open position.
- Equipped with an operable spreader bar attached to the side rails of the ladder at both ends of the spreader bar.
- Equipped with slip resistant feet on all four legs.
- Do not set up in doorway.
- 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 setting on the same rung when working from any stepladder.
- 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 any ladder.
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- 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 stepladder.
- 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 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.
- Ladders to be discarded completely destroyed before discarding.
- Do not modify in any manner unless authorized by the manufacturer.
- Use on dry, level surface. If snow or ice present, remove snow and 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 & work from the side of the ladder so that the worker faces the fall exposure and the ladder is between the worker and the fall exposure.
- When used adjacent to a fall exposure & working above the fall protection (such as a guardrail) the 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 this situation, the ladder must be positioned at least the length of the ladder away from the fall exposure & the ladder must be positioned so that the worker must face the fall exposure when working from the stepladder. If a personal fall arrest system can be anchored to suitable anchorage, then a personal fall arrest system must be used in this situation.