



Micro Trainings

(Ladder Use)

FSS has a ladders last policy. This means that we seek to use other methods of reaching our work before we resort to using a ladder. You must have approval from your superintendent prior to using a ladder.

Hazards to Watch for:

- Broken or damaged ladders
- Unstable or uneven ground
- Proximity to electrical power or mechanical hazards
- Exceeding the designed load limits

Safe Procedures to Follow:

- Never use a ladder owned by another trade
- Always inspect the ladder prior to using it. If a ladder is damaged, it must be removed from service and red-tagged until repaired, or discarded
- Always maintain 3-points of contact (two hands and a foot, or two feet and a hand) on a ladder when climbing
- Keep your body near the middle of the step and always face the ladder while climbing
- Ladders must be free of any slippery material on the rungs, steps, or feet
- Do not use a self-supporting ladder (e.g., step ladder) as a leaning ladder or in a partially closed position
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose
- Use a ladder only on a stable and level surface unless it has been secured (top or bottom) to prevent displacement
- Do not place a ladder on boxes, barrels, or other unstable bases to obtain additional height
- Do not move or shift a ladder while a person or equipment is on the ladder
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support

