



LOSS CONTROL BULLETIN

Ladder and Scaffold Safety

Falls from ladders and scaffolding are the source of some of the most serious injuries sustained by contractors and their employees. In fact, according to the United States Department of Labor, from 2007 - 2008 there were 251 deaths attributed to falls from ladders and 157 deaths due to falls from scaffolding.

Preventing ladder- and scaffolding- related injuries requires a contractor to tackle two distinct issues:

- Human factors and employee actions.
- The physical or structural status of the ladder or scaffold.

Human Factors - Training Checklist

To cut down on the chance of injury, review the following usage issues with employees:

- Footwear - Wear slip-resistant shoes with heels and heavy soles. No smooth-bottom sneakers, sandals or bare feet.
- Footing Support - Place the ladder on a stable surface.
- Metal Ladders - Make sure the slip-resistant feet are properly secured.
- Top Support - Ensure that the top of the ladder is fully supported.
- Proper Length - The ladder should extend at least three feet over the roof line or working surface.
- One-to-Four ratio - The ladder should be positioned one foot away from the structure for every four feet in height.
- Overhead Objects - Beware of overhead electric wires.
- Face the Ladder - When climbing up or down, always face forward towards the ladder.
- Climbing - Use both hands when climbing up or down.
- Carrying Objects - Use extreme caution and avoid climbing when carrying any object, and avoid heavy or unwieldy items. Use towlines, tool belts and helpers to convey material.

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- Top Step - Never stand on the top step or bucket shelf.
- Overreaching - Never overreach while standing on a ladder or scaffold.
- Weather - Avoid using ladders or scaffolding in high winds or wet conditions.
- Misuse - Don't use ladders or scaffolding for uses or loads other than what they were intended.

To reduce the potential for an accident, use the following checklists to help identify ladder and scaffolding structural problems.

Ladder Inspection Checklist

(Fix any items that are checked "yes," or remove the ladder from use.)

Are any steps or rungs damaged or missing?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are the rails bent, cracked or otherwise damaged?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are any screws or other hardware missing?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
If a step ladder, is the spreader loose, damaged or missing?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
If a step ladder, is the pail shelf loose, damaged or missing?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
If an extension ladder, is the rope/pulley system damaged?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
If an extension ladder, are the shoes worn, broken or missing?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Scaffold Inspection Checklist

(Fix any items that are checked "yes," or remove the scaffold from use.)

Are any screws or other hardware missing?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is any of the bracing damaged, loose or missing?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are any outriggers missing or too loose for scaffolding?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are any hinges or locks broken, bent, loose or missing?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is the platform loose, bent or broken?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Are scaffolding casters rusted or loose?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is the rail shield damaged, loose or missing?	Yes <input type="checkbox"/>	No <input type="checkbox"/>



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