



Ladder Safety Checklist

- I. Procedure for Identifying Hazards While Ascending and Descending a Ladder
 - A. Site Inspection
 1. Check ground condition to ensure it is solid and level.
 2. Clear debris at base of ladder.
 3. Secure footing.
 4. Determine whether conditions require more than one person on site.
 5. Proper clearance from electrical hazards.
 6. Proper toe clearance.
 - B. Ladder Inspection: Condition, Placement and Use
 1. Extension Ladders
 - a. Inspection of ladder including rungs, tread, rail and proper size needed for proper load rating.
 - b. Clean of oil, grease, ice, water, etc.
 - c. Angle of ladder: 4 to1 ratio.
 - d. Face ladder in proper direction. Slide section faces outward with latches facing the building.
 - e. Ladder is secured in place at top, bottom or both.
 - f. Only one person on ladder at all times.
 2. Step Ladders
 - a. Inspection of ladder including rungs, tread and rails per proper load rating.
 - b. Clean of oil, grease, ice, water, etc..
 - c. Check for stability.
 - d. Set ladder by placing foot on bottom step to level.
 - e. Only one person on ladder at all times.
 - C. Personal Inspection
 1. Proper shoes
 2. Safety glasses
 3. Hard hats
 4. Shoes clean of oil, grease, ice, water, etc.
- II. Ascending the Ladder
 - A. Identify safety hazards.
 - B. Attach rope for bringing up tools.
 - C. Place both hands on rails.
 - D. Face toward wall.
 - E. Ascend ladder keeping a three point contact.
 - F. Tie off ladder.

G. Pull up tools, limiting weight to amount safely carried and brought over roof.

III. Descending the Ladder

A. Identify safety hazards.

B. Secure tools for lowering.

C. Untie ladder.

D. Place both hands on rails.

E. Face toward wall.

F. Descend ladder keeping a three point contact.

G. Detach rope and tools.