

LADDER SAFETY

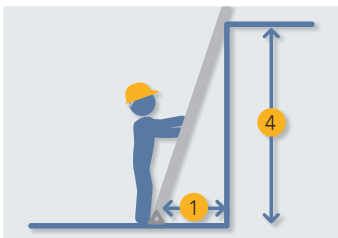
Seguridad en Escaleras



Choose the right ladder for the job.
Escoja la escalera adecuada para cada trabajo.



Don't place the ladder on unlevel footing.
No apoye la escalera en un suelo desnivelado.



How to properly set a ladder:

1) Set your ladder at the correct 4 to 1 angle.

2) Put your toes against the ladder's feet. Stand straight up and extend your arms. The palms of your hands should just reach the ladder's rung.

Cómo ubicar correctamente la escalera:

1) Ubique la escalera en el ángulo correcto con una proporción de 4 a 1.

2) Ubique sus dedos de los pies contra las patas de la escalera. Póngase derecho y extienda sus brazos de manera que las palmas de sus manos alcancen los peldaños de las escaleras.



Maintain 3 points of contact.
Mantenga siempre 3 puntos de contacto.



Do not overreach.
Si la escalera no alcanza, reemplácela por una más larga. No intente estirar su cuerpo.



Always face the ladder.
Siempre manténgase de frente a la escalera, nunca a su espalda.



Do not stand on the top or top 2 rungs of step ladder.
Nunca se ubique en el penúltimo y/o último peldaño de la escalera.



Extension ladders or straight ladders should extend 3' above the point of support and tie off to prevent movement.

Toda escalera debería extender 3 pies por encima del punto de apoyo y estar amarrada para prevenir su movimiento.

WHY IS LADDER SAFETY IMPORTANT?

- Falls are the leading cause of death in the construction industry, OSHA statistics show, and falls from ladders account for roughly one-third of those fatalities.
- Every day 2,000 people are injured while using a ladder, 100 suffer a long-term or permanent disability, and 1 person will die in a ladder-related accident.
- In the construction industry, falls accounted for 384 out of 991 construction fatalities in 2016 (38.7% of fatalities). Ladder-related incidents contributed to more than 150 workplace fatalities and more than 20,000 nonfatal workplace injuries among all industries in 2016, BLS data shows.
- Three of OSHA's top 10 most cited violations in 2017 were related to falls in the construction industry — improper ladder use, standard (1926.1053), was #6.
- In 2017, OSHA reported 2,609 total violations involving ladders and the total penalty for these citations was over \$5.9 million. The primary sections of the standard cited by OSHA involved portable ladder access, using ladders for purposes other than those for which they were designed, using the top of a stepladder as a step, structural defects, and employees carrying objects or loads that could cause them to lose balance and fall.

ADDITIONAL LADDER SAFETY TIPS:

- Wear proper footwear, such as non-slip flat shoes.
- Fully extend the ladder before beginning work.
- Refrain from carrying tools or objects in your hands when you're climbing the ladder.
- Don't place a ladder near a doorway unless you're sure the door is locked and will not be opened.

CLICK THE LINKS BELOW FOR MORE RESOURCES:

BUILDERS MUTUAL WORKSAFE TRAINING MATERIALS

BUILDERS MUTUAL LADDER SAFETY VIDEO

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