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

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.

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

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

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
LADDER SAFETY INSTITUTE TRAINING VIDEOS
AMERICAN LADDER INSTITUTE’S LADDER SAFETY TRAINING
LITTLE GIANT LADDER SYSTEMS

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