



*For Maintenance
and Custodians*



Falls do happen

S Recently in Washington, a contractor was fatally injured when he fell from a ladder. At the time of the accident the victim was descending from the roof of a single-story maintenance building by way of an extension ladder that was leaned against the building. As he was accessing the ladder from the rooftop, the ladder slid sideways and he fell 12 feet to the pavement below. He sustained multiple injuries including a fatal head injury. Washington has workplace safety rules that apply to the use of portable ladders. Please practice them so you don't have a similar accident.

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- Train employees in appropriate and safe use of ladders.
 - Inspect the ladder before each use.
 - Assure that the ladder is placed on a firm and level foundation.
 - When setting up a straight ladder, set it up at a ratio of 4:1 or a 75-degree pitch. The greater the deviation from this ratio, the more likely the ladder will slip at its base.
 - When using a ladder to access an upper landing, the ladder must be secured at the top and bottom of ladder.
 - Ladders must extend at least 3 feet above the upper landing surface.
 - When descending or ascending a ladder, the user shall face the ladder.
 - Do not place ladders in traffic areas, passageways, or in front of doorways.
 - Do not step on or put any weight on ladder rungs or parts of the ladder that are above the roof line or upper landing surface when ascending or descending. The 3 feet of ladder extending above the upper landing surface or roof is to be used for balance only while ascending or descending.
 - Maintain a three-point contact when climbing a ladder. That means two hands and one foot or two feet and one hand are in contact with the ladder at all times.
 - Stay centered while working, never lean to the side. Your belt buckle should remain between the two side rails at all times.
 - Do not exceed the rated load capacity of the ladder. The load includes the weight of the person and any equipment, tools and materials applied to the ladder.
 - Make sure stepladders are fully opened with the spreaders locked.
 - Do not climb on the rear braces or stand or step on the two top steps of the stepladder.
 - Never use a stepladder folded up and leaning against a surface.
 - Never carry heavy, bulky or awkward objects that make travel on a ladder difficult.
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