

# Ladder Safety Checklist

More than 24,000 injuries and 36 deaths occur every year in the US from ladder accidents. Use this checklist before you climb a ladder at work.

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By:

Date:

Time:

## Pre-Inspection

1. Is there structural damage, such as split or bent side rails? (Don't use, remove from service, and label appropriately.)	Yes	No	N/A	Comments
2. Are there missing safety devices or broken rungs or steps? (Don't use, remove from service, and label appropriately.)	Yes	No	N/A	Comments
3. Is there grease, dirt or other substances that could cause slips or falls? (Don't use, remove from service, and label appropriately.)	Yes	No	N/A	Comments
4. Is there paint, tape, stickers, or an opaque covering (except warning labels) that could hide defects? (Don't use, remove from service, and label appropriately.)	Yes	No	N/A	Comments

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5. Is the ladder painted or coated with any opaque covering, except for identification or warning labels? (Don't use, remove from service, and label appropriately.)	Yes	No	N/A	Comments
6. Will any of the ladder's components will cause punctures, lacerations or snag the user's clothing? (Don't use, remove from service, and label appropriately.)	Yes	No	N/A	Comments

## Ladder Usage Basics

7. Is this the correct ladder for the task? (If not, request a different ladder.)	Yes	No	N/A	Comments
8. Is the ladder on a stable and level surface? (If not, request a different ladder.)	Yes	No	N/A	Comments
9. If using an extension ladder, are you able to use the 4-1 rule? And does it extend at least three feet above the roof edge? (If not, request a different ladder.)	Yes	No	N/A	Comments
10. Does the ladder's length allow you to safely reach the work area? (If not, request a different ladder.)	Yes	No	N/A	Comments
11. Will your weight plus the weight of tools/supplies require you to load ladder beyond the maximum intended load or rated capacity? (If not, request a different ladder.)	Yes	No	N/A	Comments
12. Are your performing electrical work or near overhead power lines? (Do not use a metal ladder!)	Yes	No	N/A	Comments

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13. Are the areas around the top and bottom of the ladder clear?	Yes	No	N/A	Comments
14. Can you do your job without using the top step of a ladder? (Don't use the top step; request a new ladder)	Yes	No	N/A	Comments
15. Are you able to hoist the tools you need up and down from the work surface? (If not, request assistance. Never carry your equipment or loads as you climb the ladder.)	Yes	No	N/A	Comments

## Climb Safely

16. When climbing, face the ladder and use the hand-over-hand method, placing your hands on the rungs. Always maintain <b>three</b> points of contact.	Yes	No	N/A	Comments
17. When using a stepladder, do not climb using the cross-bracing on the back of the ladder.	Yes	No	N/A	Comments
18. Do not tie or fasten ladders together to create longer sections.	Yes	No	N/A	Comments
19. Ensure a metal spreader or locking device is on each stepladder to hold the front and back sections open when the ladder is being used. (If the devices don't work correctly, don't use, remove from service, and label appropriately.)	Yes	No	N/A	Comments
20. Do not move or change the ladder's position while you are on it or allow anyone else to do so.	Yes	No	N/A	Comments

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