

# Fixed Ladder Safety Checklist

Workers who use job-made wooden ladders risk permanent injury or death from falls and electrocutions. These hazards can be eliminated or substantially reduced by following good safety practices. OSHA’s requirements for job-made ladders are in Subpart X—Stairways and Ladders of OSHA’s Construction standards.

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By:

Date:

Time:

## Fixed Ladder Requirements

1. Where the total length of the fixed ladder equals or exceeds 24 feet (7.3 m), is the ladder equipped with ladder safety devices; or self-retracting lifelines and rest platforms at intervals that do not exceed 150 feet (45.7 m); or a cage or well and multiple ladder sections with each ladder section not exceeding 50 feet (15.2 m) in length? Are these ladder sections offset from adjacent sections and landing platforms at maximum intervals of 50 feet (15.2 m)?	Yes	No	N/A	Comments
2. Are fixed ladders must be able to support at least two loads of 250 pounds (114 kg) each, concentrated between any two consecutive attachments? Can they support added anticipated loads caused by ice buildup, winds, rigging and impact loads resulting from using ladder safety devices?	Yes	No	N/A	Comments

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3. Do individual rung/step ladders extend at least 42 inches (1.1 m) above an access level or landing platform either by the continuation of the rung spacings as horizontal grab bars or by providing vertical grab bars that must have the same lateral spacing as the vertical legs of the ladder rails?	Yes	No	N/A	Comments
4. Is each step or rung of the fixed ladder able to support a load of at least 250 pounds (114 kg) applied in the middle of the step or rung?	Yes	No	N/A	Comments
5. Is the minimum clear distance between the sides of individual rung/step ladders, and between the side rails of other fixed ladders, 16 inches (41 cm)?	Yes	No	N/A	Comments
6. Is the width of the rungs at least 16 inches, but not more than 20 inches?	Yes	No	N/A	Comments
7. Are the rungs of individual rung/step ladders must be shaped to prevent slipping off the end of the rungs?	Yes	No	N/A	Comments
8. Are rungs and steps of fixed metal ladders manufactured after March 15, 1991, corrugated, knurled, dimpled, coated with skid-resistant material or treated to minimize slipping?	Yes	No	N/A	Comments
9. Is the minimum perpendicular clearance between fixed ladder rungs, cleats, and steps and any obstruction behind the ladder 7 inches (18 cm)? Is the clearance for an elevator pit ladder 4.5 inches (11 cm)?	Yes	No	N/A	Comments

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<p>10. Is the minimum perpendicular clearance between the centerline of fixed ladder rungs, cleats and steps, and any obstruction on the climbing side of the ladder 30 inches (76 cm)? If obstructions are unavoidable, clearance may be reduced to 24 inches (61 cm), provided a deflection device is installed to guide workers around the obstruction.</p>	Yes	No	N/A	Comments
<p>11. Is the step-across distance between the center of the steps or rungs of fixed ladders and the nearest edge of a landing area no less than 7 inches (18 cm) and no more than 12 inches (30 cm)? A landing platform must be provided if the step-across distance exceeds 12 inches (30 cm).</p>	Yes	No	N/A	Comments
<p>12. Do fixed ladders without cages or wells have at least a 15-inch (38 cm) clearance width to the nearest permanent object on each side of the centerline of the ladder?</p>	Yes	No	N/A	Comments
<p>13. Are fixed ladders provided with cages, wells, ladder safety devices, or self-retracting lifelines where the length of climb is less than 24 feet (7.3 m) but the top of the ladder is at a distance greater than 24 feet (7.3 m) above lower levels?</p>	Yes	No	N/A	Comments
<p>14. Do side rails of through or side-step fixed ladders extend 42 inches (1.1 m) above the top level or landing platform served by the ladder? Parapet ladders must have an access level at the roof if the parapet is cut to permit passage through it. If the parapet is continuous, the access level is the top of the parapet.</p>	Yes	No	N/A	Comments

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15. Are steps or rungs for through-fixed-ladder extensions omitted from the extension; and the extension of side rails must be flared to provide between 24 inches (61 cm) and 30 inches (76 cm) clearance between side rails?	Yes	No	N/A	Comments
16. When safety devices are provided, do the maximum clearance distance between side rail extensions not exceed 36 inches (91 cm)?				
17. Are fixed ladders used at a pitch no greater than 90 degrees from the horizontal, measured from the back side of the ladder?				

## Cages for Fixed Ladders

18. Are fixed ladders used at a pitch no greater than 90 degrees from the horizontal, measured from the back side of the ladder?	Yes	No	N/A	Comments
19. Are horizontal bands fastened to the side rails of rail ladders or directly to the structure, building or equipment for individual-rung ladders?	Yes	No	N/A	Comments
20. Are vertical bars on the inside of the horizontal bands and fastened to them?	Yes	No	N/A	Comments

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21. Do cages must extend no less than 27 inches (68 cm), or more than 30 inches (76 cm) from the centerline of the step or rung? Are they not less than 27 inches (68 cm) wide?	Yes	No	N/A	Comments
22. Are the insides of cages clear of projections?	Yes	No	N/A	Comments
23. Are horizontal bands spaced at intervals not more than 4 feet (1.2 m) apart measured from centerline to centerline?	Yes	No	N/A	Comments
24. Are vertical bars spaced at intervals no more than 9.5 inches (24 cm), measured centerline to centerline?	Yes	No	N/A	Comments
25. Are the bottoms of cages between 7 feet (2.1 m) and 8 feet (2.4 m) above the point of access to the bottom of the ladder? Is the bottom of the cage flared not less than 4 inches (10 cm) between the bottom horizontal band and the next higher band?	Yes	No	N/A	Comments
26. Are the tops of cages a minimum of 42 inches (1.1 m) above the top of the platform or the point of access at the top of the ladder? Is there a way to access the platform or other point of access?	Yes	No	N/A	Comments

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## Wells for Fixed Ladders

27. Do wells completely encircle the ladder?	Yes	No	N/A	Comments
28. Are wells must be free of projections?	Yes	No	N/A	Comments
29. Do inside faces of wells on the climbing side of the ladder extend between 27 inches (68 cm) and 30 inches (76 cm) from the centerline of the step or rung?	Yes	No	N/A	Comments
30. Are the inside widths of wells at least 30 inches (76 cm)?	Yes	No	N/A	Comments
31. Are the bottoms of wells above the point of access to the bottom of the ladder between 7 feet (2.1 m) and 8 feet (2.4 m)?	Yes	No	N/A	Comments

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## Fixed Ladder Support and Safety Devices

32. Is the connection between the carrier or lifeline and the point of attachment to the body belt or harness equal to or less than 9 inches (23 cm) in length?	Yes	No	N/A	Comments
33. Do ladder safety devices and related support systems on fixed ladders conform to the following: All safety devices must be able to withstand, without failure, a drop test consisting of a 500-pound weight (226 kg) dropping 18 inches (41 cm).	Yes	No	N/A	Comments
34. Do all safety devices permit the worker to ascend or descend without continually having to hold, push, or pull any part of the device, leaving both hands free for climbing?	Yes	No	N/A	Comments
35. Are all safety devices activated within 2 feet (.61 m) after a fall occurs and limit the descending velocity of an employee to 7 feet/second (2.1 m/sec) or less?	Yes	No	N/A	Comments
36. Are mountings for rigid carriers attached at each end of the carrier, with intermediate mountings spaced along the entire length of the carrier, to provide the necessary strength to stop workers' falls?	Yes	No	N/A	Comments
37. Are mountings for flexible carriers attached at each end of the carrier? Cable guides for flexible carriers must be installed with a spacing between 25 feet (7.6 m) and 40 feet (12.2 m) along the entire length of the carrier, to prevent wind damage to the system.	Yes	No	N/A	Comments

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38. Does the design and installation of mountings and cable guides not reduce the strength of the ladder?	Yes	No	N/A	Comments
39. Are side rails and steps or rungs for side-step fixed ladders continuous in extension?	Yes	No	N/A	Comments

## Fixed Ladder Damage and Repair Requirements

40. Are ladders with structural defects—such as broken or missing rungs, cleats or steps, broken or split rails, corroded components or other faulty or defective components—immediately be marked defective or tagged with "Do Not Use" or similar language and withdrawn from service until repaired?	Yes	No	N/A	Comments
41. Are defective fixed ladders withdrawn from use when they are immediately tagged with "Do Not Use" or similar language, or marked in a manner that identifies them as defective, or blocked—such as with a plywood attachment that spans several rungs?	Yes	No	N/A	Comments
42. Do ladder repairs restore the ladder to a condition meeting its original design criteria before the ladder is returned to use?	Yes	No	N/A	Comments

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