



Section 24: Ladders

1. Manufactured Ladders

- 1.1 Manufactured ladders, ladder maintenance and use must comply with OSHA, ANSI, manufacturer's specifications, and job procedures.
- 1.2 Only fiberglass ladders are allowed except with special permission from the EQ representative.
- 1.3 Metal ladders are prohibited.
- 1.4 Do not use wooden ladders except with special permission from the EQ representative.
- 1.5 Do not use ladders with broken or missing rungs, broken or split side-rails, or damaged components. Damaged ladders must be immediately removed from the work area or destroyed.
- 1.6 Equip portable ladders with non-skid safety feet and place on a stable base. Keep the access areas at the top and bottom of ladders clear. Stepladders must be fully opened when in use. Safety latches on extension ladders must be fully engaged.
- 1.7 Always face the ladder when climbing or descending. When working, face the ladder with both feet securely on the rungs. Never stand on the top step or sit on the top of the ladder, straddle the ladder, fold up, lean stepladders, or work 2 people from the same ladder.
- 1.8 Post warning signs (or equivalent indicators, flags, tape, banners, etc.) when doing overhead work in traffic areas.
- 1.9 Protection from falls is a key consideration when working from ladders above 10 feet.
- 1.10 Keep ladders free of lines, ropes, hoses, wires, cables, oil, grease, and debris. Do not leave objects on ladders.
- 1.11 Do not use single portable ladders over 30 feet in length. Use separate ladders with intermediate landing platforms to reach heights above 30 feet.
- 1.12 Extend side rails 36 inches above the landing. When this is not practical, install a grab rail. Ladders in use must be tied, blocked, or otherwise secured.
- 1.13 Ladders must be inspected before use and at least once per month.

2. Ladder Training Requirements

- 2.1 Contractors must provide a training program and related documentation for employees using ladders. The training program will provide the procedures necessary for employees to recognize the ladder hazards.
- 2.2 Contractors must ensure that a competent person has trained each employee in the following topics:

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- A. Nature of fall hazards in the work area.
 - B. Correct procedures for erecting, maintaining, and disassembling a fall protection system.
 - C. Proper construction, use, and placement of ladders and care in handling ladders.
 - D. Maximum intended load-carrying capacities of ladders.
- 2.3 Contractors must ensure that employees maintain the required understanding and knowledge of ladder safety.