



C3 Safety Training: 12 Month Module

Module 3: March – Ladders

Company Name: _____ Date: _____

C3 Project Name: _____

- Ladders include but not limited to step, straight, combination and extension.
- Avoid electrical hazards! Make an assessment for overhead lines before handling a ladder. Never use metal ladders near power lines or exposed energized electrical equipment.
- Ladder inspection starts by checking that all labels and markings are legible.
- Inspection Process
 - Inspect Foot Pads (Anti-slip)
 - Front side rails
 - Clean and free from slippery material on rungs and or components
 - Steps/rungs
 - Rung bracing
 - Locking spreader bars
 - Rear non-climbing rails
- Damaged ladders shall be tagged and removed from jobsite.
- When climbing always maintain a 3-point of contact (two hands one foot, or two feet and one hand) on the ladder. Position your body so that it is centered and facing ladder.
- Do not use the top step/rung of the ladder as a step unless it is designed for that purpose.
- Use ladder on a level and stable surface, unless it has been secured (top or bottom) to prevent displacement.
- Do not place ladders on boxes, barrels or on any unstable base in order to increase additional height.
- Do not use step ladders as a single ladder or in a partially closed position.
- Do not move or shift a ladder while a person or equipment is on it.
- An extension or straight ladder used to access an elevated surface shall extend at least 3 feet above the point of support.
- The proper angle for setting up a ladder is 4 to 1.
- Place the ladder in a location where it can be barricaded to keep traffic away from the ladder.
- Do not exceed the maximum load rating of a ladder.