

# TOOL BOX TALKS

## Rolling Ladder Safety

Rolling ladders and stairways are found in many warehouses, retail outlets and storage facilities. Drivers of trucks also use rolling ladders in fire stations and truck stops to clean windshields and service the tops of their trucks. Rolling ladders are made of lightweight tubular steel that is welded to large steps, usually made of expanded steel treads. Rolling ladders vary in height from short, two-step models to tall, twelve foot models. Review these safety tips:

## WORKSAFE TIPS

### BACKGROUND

- Each year in the U.S., accidents involving ladders cause an estimated 300 deaths and 130,000 injuries requiring emergency medical attention.

### LADDER ACCIDENTS

- Ladder accidents usually are caused by improper selection, care or use, not by manufacturing defects.
- Some of the more common hazards involving ladders, such as instability, electrical shock, and falls, can be predicted and prevented.
- Prevention requires proper planning, correct ladder selection, good work procedures and adequate ladder maintenance.

### LADDER SAFETY BASICS

- Survey the area for overhead power lines before setting up and climbing ladders.
- Inspect ladders before climbing.
- Never use a damaged or unsafe ladder.
- Verify ladder capacity before climbing.
- Don't use them for anything other than the job they're intended to do.
- Never stand on the top two steps of a stepladder, and don't use a step ladder as a straight ladder.
- Raise extension ladders 3 feet (3 or 4 rungs) over the landing area.
- Tie off / secure extension ladders to prevent tip over or kick out.

### ROLLING LADDER SAFETY

- Keep rolling ladders in good mechanical condition.
- Rolling ladders that are stored outside should be protected from rain, snow and ice.
- Rolling ladders that are stored outside should be inspected regularly for rust and corrosion.
- Inspect rolling ladders before use.
- Rolling ladders that have been damaged or "sprung" must be removed from service.
- Rolling ladders that have missing rubber "feet" should have them replaced.
- Rolling ladders should be climbed facing the ladder – not facing outward.
- Climb rolling ladders using 3-point contact – do not carry loads that are too bulky or heavy.
- Do not over reach – could cause ladder to tip.
- Do not stand on the hand rails.
- Do not move an occupied ladder.
- Never stand with one foot on the ladder and the other on an object such as shelving.
- Do not set up rolling ladders in areas where doors could swing open into the ladder.
- Avoid setting up rolling ladders in direct proximity to forklift or vehicle traffic.
- Do not tamper with or modify ladders.
- Remove tools, equipment or boxes before moving a rolling ladder.
- Use the step brake / lock if equipped.
- Consider tying off / securing the rolling ladder if tipping is a concern.
- Do not attempt to gain additional height by standing on boxes or buckets atop rolling ladder platforms.
- Submit ladder maintenance requests / safety concerns in writing.

**WorkSAFE**

Smart, Accident-Free Environments