

Ladder Safety Month – March 2023*

Ways to participate:

- Conduct a tool box talk with work crews on ladder safe work practices
- Demonstrate how to conduct a ladder inspection
- Review JSAs to verify that ladder hazards have been identified and controlled
- Distribute ladder safety information to employees and supervisors
- Do a site inspection of all the ladders and remove defective ones from use
- Ask workers if they have any issues with their ladders and if they have the proper ones for the job
- Discuss a ladder incident and how it could have been prevented
- Have senior leadership participate in a stand down and emphasize the importance of ladder safety on the job
- Run a ladder safety article in the company newsletter
- Have a worker share a testimonial on a ladder related fall and its impact



Quick Stats on Ladder Related Incidents

2020 ¹ BLS U.S. LWDI Cases	2021 BLS U.S. Fatals	2020 ¹ BLS TX LWDI Cases	2021 BLS TX Fatals
22,710	168	1082	14

In 2022 there were 1,082 workers compensation lost work day claims in Texas related to fall or slip from a ladder or scaffold

In 2022, the most lost work day claims, 42.5%, for a fall or slip from a ladder or scaffold were for workers on the job for less than 1 year

In 2020 the average medical cost of a lost work day claim in Texas related to a fall or slip from a ladder or scaffold was \$17,068

In FY 2022 SE TX there were 4 fatal ladder related incidents reported to OSHA, two in construction and two in general industry

In FY 2022 there were 27 serious incidents related to ladders reported to OSHA with 19 in general industry and 8 in construction

Sample FY 2022 Ladder Related Incidents Reported to OSHA in SE TX:

- Employee was on a metal ladder replacing old light valances with new LED valances. The electrical wiring was live, and he was electrocuted.
- Employee was a grinder and got a 6' step ladder to get a piece of plastic that was stuck on the top of the grinder. She did not open the ladder all of the way, and it slipped causing her to fall and break her neck.
- Worker was climbing a ladder and fell approximately 10' from the ladder when it shifted.
- Worker was to paint under a window at height of approximately 10'. They separated an extension ladder and used it for access. Ladder slipped and they fell injuring their lower back, pelvis, and hip.
- Two employees were setting up a 40' ladder to access a building's roof and the top of the ladder accidentally made contact with a live power line. Both employees were shocked, one was hospitalized for electrical burns to his foot.
- Employee was on a ladder in a customer's home trying to bring down a TV from a ceiling mount. He lost his balance on the way down with the TV, and the ladder fell from under him and he fell on top of it. He suffered an injured rib and punctured lung.
- Employee was standing in an elevator when a contractors ladder fell on her head resulting in a laceration.

Portable Ladder Safety

- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing.
- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on the ladder.
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support.
- Do not stand on the three top rungs of a straight, single or extension ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface.
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.



OSHA Ladder Quick Card English



OSHA Ladder Quick Card Spanish



CPWR Ladder Hazard Alert English



CPWR Ladder Hazard Alert Spanish

*This information has been developed by an OSHA Compliance Assistance Specialist and is intended to assist employers, workers, and others improve workplace health and safety. While we attempt to thoroughly address specific topics [or hazards], it is not possible to include discussion of everything necessary to ensure a healthy and safe working environment in this presentation. This information is a tool for addressing workplace hazards, and is not an exhaustive statement of an employer's legal obligations, which are defined by statute, regulations, and standards. This document does not have the force and effect of law and is not meant to bind the public in any way. This document is intended only to provide clarity to the public regarding existing requirements under the law or agency policies. It does not create (or diminish) legal obligations under the Occupational Safety and Health Act. Finally, OSHA may modify rules and related interpretations in light of new technology, information, or circumstances; to keep apprised of such developments, or to review information on a wide range of occupational safety and health topics, you can visit OSHA's website at www.osha.gov. ¹BLS LWDI published every two years. For questions email Jim Shelton, CAS, at shelton.james@dol.gov at the Houston North OSHA office