



THINK BEFORE YOU CLIMB

Helping Employees Use Ladders Safely

Our Presentation Will Begin Soon



THINK BEFORE YOU CLIMB

Helping Employees Use Ladders Safely

ICW Risk Management Services



Today's Presenters:

Brandon Arellano Mora

Risk Management Consultant

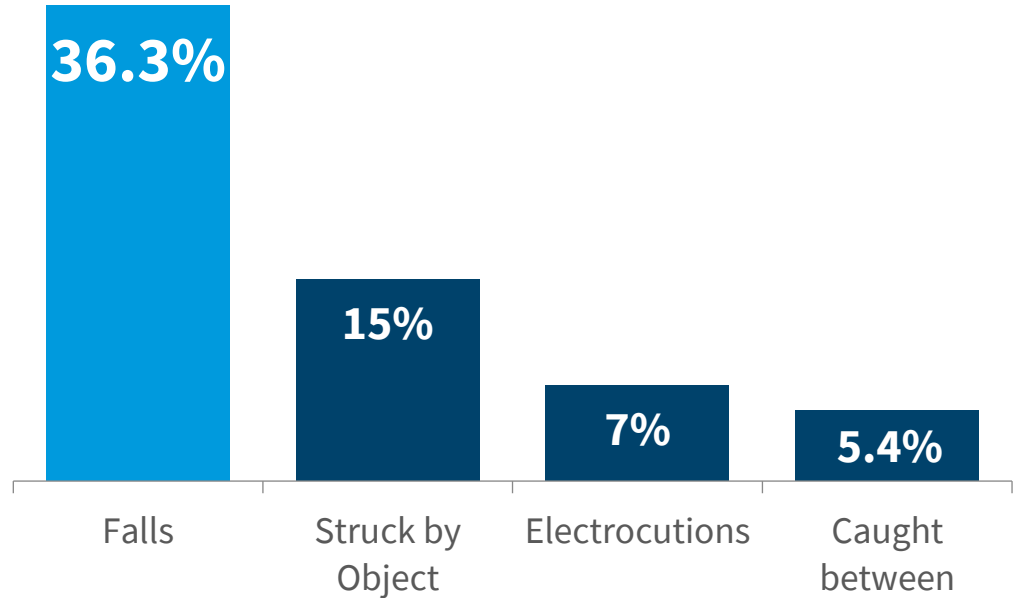
Today's Topic

- Importance of Ladder Safety
- The ICW Group Risk Framework
- Reducing Ladder Injuries
- 10 Critical Steps to Ladder Safety



Construction's "Fatal Four"

Falls are the Leading Cause of Fatalities in Construction



ALARMING TRENDS

Poor Ladder Safety accounts for:

- **20%** of **ALL** work-related falls
- **81%** of construction fall related injuries
- **16%** of construction fatal injuries
- **24%** of non-fatal involving days away

ALARMING TRENDS

Ladders Ranked #3 in OSHA violations

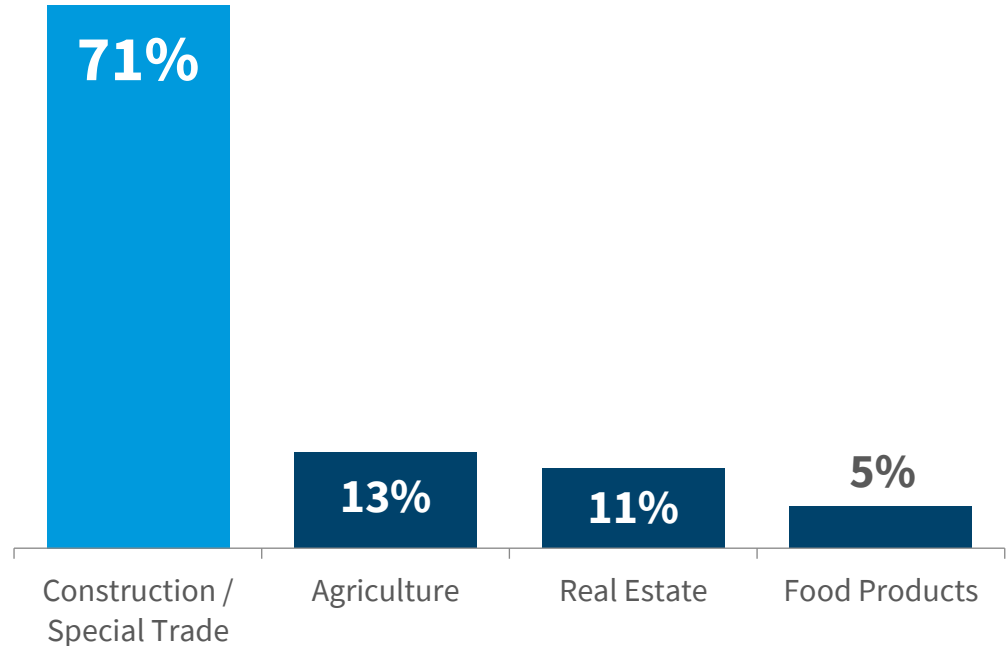
50% of Falls Requiring Medical Attention are from...
10 feet or Less

CUSTOMER DATA

Work Comp Insurance

Construction/Specialty Trades
have the highest number of Fall
from Elevation Injuries

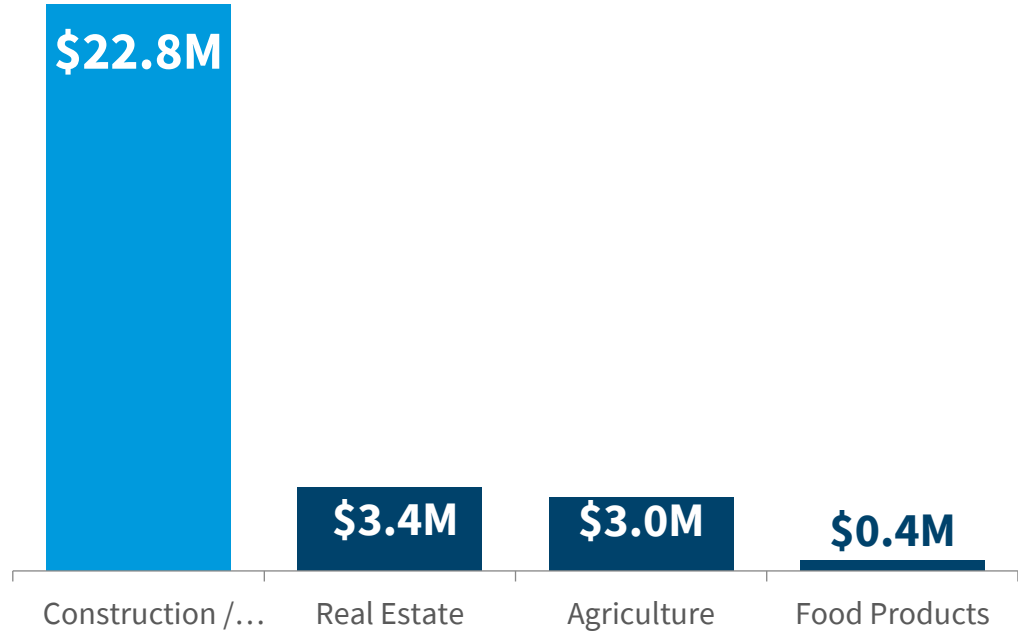
Ladder safety is Important!



CUSTOMER DATA

ICW Group had over \$34 Million in Claim Costs from Falls last year

Ex-mods are affected for three years



The ICW Group Risk Framework

Working together to lower your risk



The ICW Group Risk Framework

Frequency

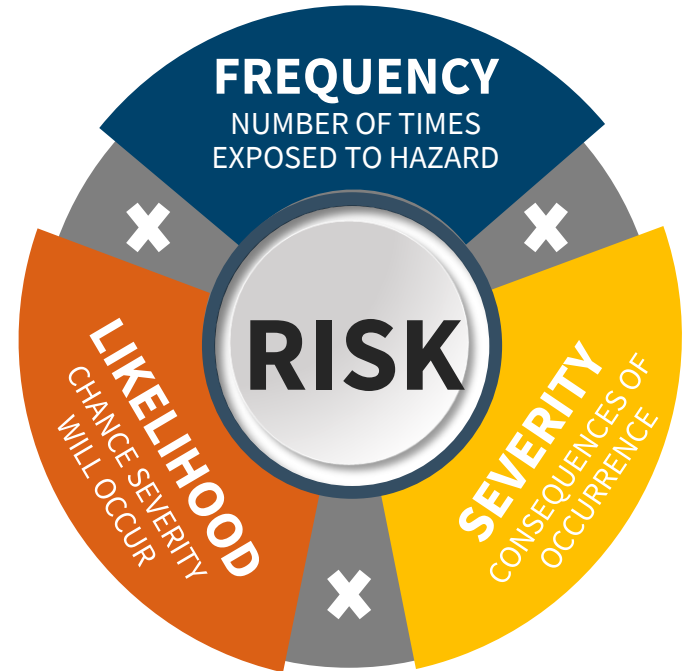
- Times exposed to hazard

Likelihood

- Chance severity will occur

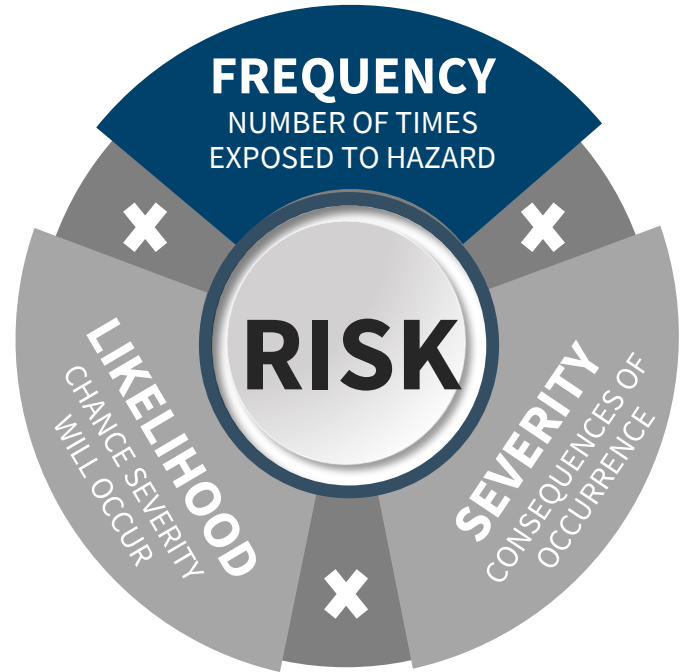
Severity

- Consequences of occurrence



Tips to Reduce Frequency

- Complete job assessment
- Store often-used items low
- Validate ladder is correct choice
 - Should I use a work platform?
 - Can I use an extension pole?
- Prefab work on ground
- Elevate materials with forklift



Tips to Reduce Likelihood

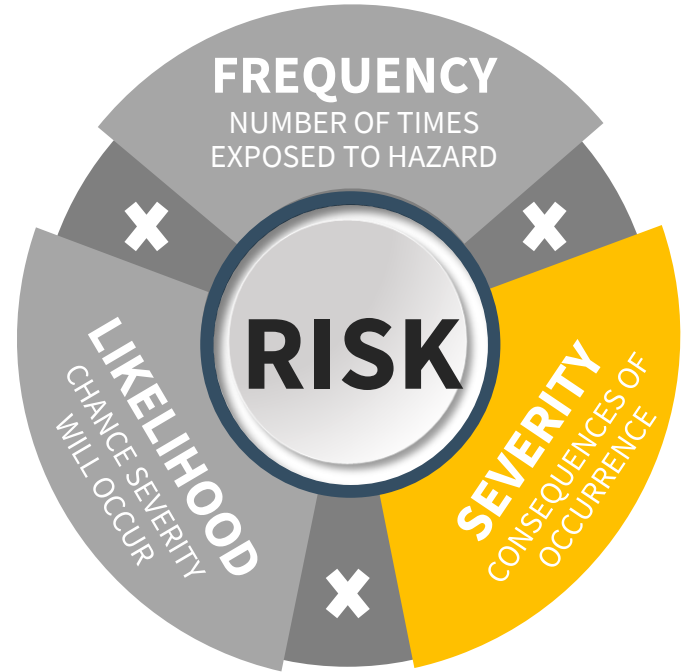
- Select the right ladder
- Secure and use properly
- Follow Safe Practices
- Keep ladders maintained

Conduct Ladder inspections and use ICW Group Ladder Stickers



Tips to Reduce Severity

- Use fall protection
- Ensure area is clear
- Clearly define safe height – make it a “law”



Reducing Ladder Injuries

10 Critical Steps to ladder safety



Is a Ladder Your Best Tool?

Review the task at hand and ask:

- Will I work at height for long period?
- Do I need to hold heavy tools and materials?
- Could a ladder become unstable?
- Can I get a ladder long enough?
- Can it be set-up properly?
- Is it possible to stay off top steps?
- Does the job demand standing sideways or reaching beyond side rails?

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Check Your Surroundings

- What are environment impacts?
- Are there items in my way?
- Are there uneven work surfaces?
- Stairways?

2

Verify the Duty Rating

Will usage be within duty rating limits?

Ladder Type	Load Capacity
Type III (Light Duty)	200 pounds
Type II (Medium Duty)	225 Pounds
Type I (Heavy Duty)	250 Pounds
Type IA (Extra Heavy Duty)	300 Pounds
Type IAA (Special Duty)	375 Pounds

3

Verify the Duty Rating

Remember – include your weight **PLUS**:

- Clothing and PPE
- Tools and supplies you're carrying
- Any tools and supplies stored on ladder

Select the Right Ladder

When should you use a stepladder?

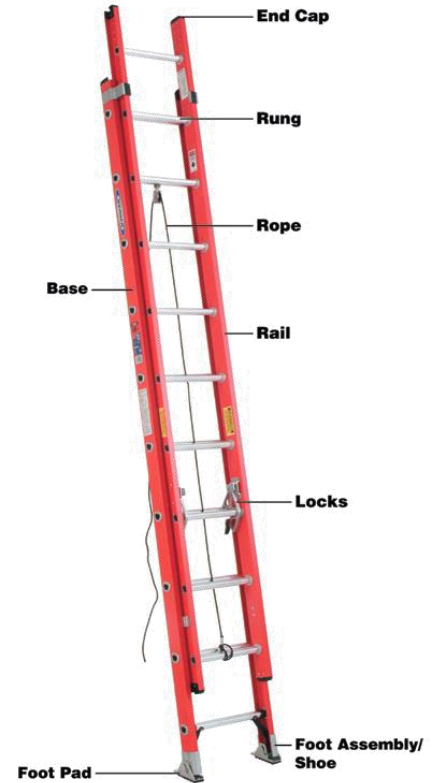
- It's a small job
- Under X feet
- There is stable ground
- Level - all 4 rails are even
- Able to fully open and lock
- No need to use top step or top cap



Select the Right Ladder

When should you use an extension or straight ladder?

- Need longer length
- Ground stable enough for 2 feet
- Able to lean against safe surface
- Can set up with at least 75.5°
- Ladder rails can extend 3' above landing



Select the Right Ladder

Consider Extension / Straight Duty ratings and maximum heights

Ladder Type	2 Sections	3 Sections
Type III (Light Duty)	32 feet	N/A
Type II (Medium Duty)	48 feet	60 feet
Type I (Heavy Duty)	60 feet	72 feet
Type IA (Extra Heavy Duty)	60 feet	72 feet

Select the Right Ladder

When should you use a combination ladder?

- Need a multi-level platform, such as a stairwell ladder
- Can be used as a step or straight ladder



Select the Right Ladder

When should you use an articulating ladder?

- Need a work platform
- Can use as scaffold



Inspect for Defects

Check ladder is well maintained

- Lubricate moving parts
- Test hardware and fittings
- Replace worn ropes on extension ladders
- Clean rungs and steps

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Inspect for Defects

Inspect regularly

- Rungs – loose, cracked, broken
- Rails – cracked, bent, frayed
- Labels – missing, not readable
- Locks – broken, missing

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LADDER INSPECTION FORM
Inspect each ladder regularly

Type: Extension Step Construction: Wood Metal Fiberglass Ladder # _____ Location: _____ Year: _____

IMPORTANT: Remove and discard any ladders identified as needing repair, unless repaired with manufacturer-approved methods.

Date _____
Inspected By _____
Date Repaired/Repaired By _____

	OK	Needs Repairs	OK	Needs Repairs	OK	Needs Repairs
GENERAL						
Side rails are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steps or rungs are tight and can't be wiggled by hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nails, screws, bolts and other metal parts in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uprights, braces and rungs are in working order	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ladder is free from oil, grease or slippery materials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Non-slip bases or feet are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STEP LADDERS						
Not wobbly or loose (i.e. won't wobble from side-to-side)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hinges, spreaders and stop aren't loose or broken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All steps are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ladder does not exceed 30 feet in height	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EXTENSION LADDERS						
Extension locks are not loose, broken or missing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Locks test properly while extended	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pulley, rung locks and rope are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Single section ladders don't exceed 30' in length	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2-section ladders don't exceed 48' for metal, 60' for wooden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Inspect for Defects

Inspect regularly

- Hardware – loose, broken
- Feet (shoes) – worn, broken
- Other – depending on type

Use Ladder Inspection Form
Doesn't pass? Remove!

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LADDER INSPECTION FORM
Inspect each ladder regularly

Type: Extension Step Construction: Wood Metal Fiberglass Ladder # _____ Location: _____ Year: _____

IMPORTANT: Remove and discard any ladders identified as needing repair, unless repaired with manufacturer-approved methods.

Date _____
Inspected By _____
Date Repaired/Repaired By _____

	Ok	Needs Repair	Ok	Needs Repair	Ok	Needs Repair
GENERAL						
Side rails are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steps or rungs are tight and can't be wiggled by hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nails, screws, bolts and other metal parts in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uprights, braces and rungs are in working order	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ladder is free from oil, grease or slippery materials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Non-slip bases or feet are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STEP LADDERS						
Not wobbly or loose (i.e. won't wobble from side to side)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hinges, spreaders and step aren't loose or broken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All steps are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ladder does not exceed 20 feet in height	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EXTENSION LADDERS						
Extension locks are not loose, broken or missing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Locks seat properly while extended	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pulley, rung locks and rope are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Single section ladders don't exceed 30' in length	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 section ladders don't exceed 48' for metal, 60' for wooden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Ladder Inspection Form 01/18/14

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Carry Ladders Carefully

Injuries can occur when moving ladders!

- Store ladders close to the work area
- Check path is clear of hazards
- Use good lifting techniques
- When in doubt, ask for help

Safely Secure Your Setup

Survey area before setting up

- Place on firm, level surface
- Check all locking devices
- Ensure proper angle
- Extend 3 feet above upper landing
- Double check stability



Safely Secure Your Setup

Consider ladder leveling devices

- Manufacturer approved
- Maximum 8 ½ inches extension
- Duty rating remains the same if installed properly
- Securely fasten straight or extension ladders to upper support
- Guard doorways near ladder



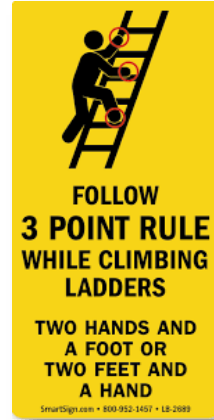
Need Fall Protection?

- Required for fixed ladders above 24'
- Other ladder type considerations



Read and Follow Labels

- Review usage directions
- Be sure to follow!



Practice Safe Ladder Use

Improper use is #3 on OSHA's most frequent offenders

- Side rails not 3' above upper level
- Not using as designed
- Using top cap as a step
- Not removing defective ladders
- Not on stable, level surface
- Not properly secured

Practice Safe Ladder Use

Remember to:

- Always face ladder when using
- Maintain three-point contact
- Move ladder instead of over-reaching
- Only one person on ladder
- Stop 3 rungs from top
- Never get off ladder from side

Practice Safe Ladder Use

Remember to:

- Keep body between rails
- Hips square to rungs
- Wear anti-slip shoes
- Don't climb while carrying tools
- Clean ladder after each use
- Store carefully

Involve Your Safety Culture

Work as a team to:

- Identify ladders users
- Provide safety training
- Identify ways to reduce ladder use
- How often and for what purpose?
- Observe use in the field
- Coach on correct use
- Educate on choosing correct ladder
- Check ladder labels – add if needed
- Post helpful reminders



Your Safety Resources

icwgroup.com/safety



ICW Group Policyholder Website!

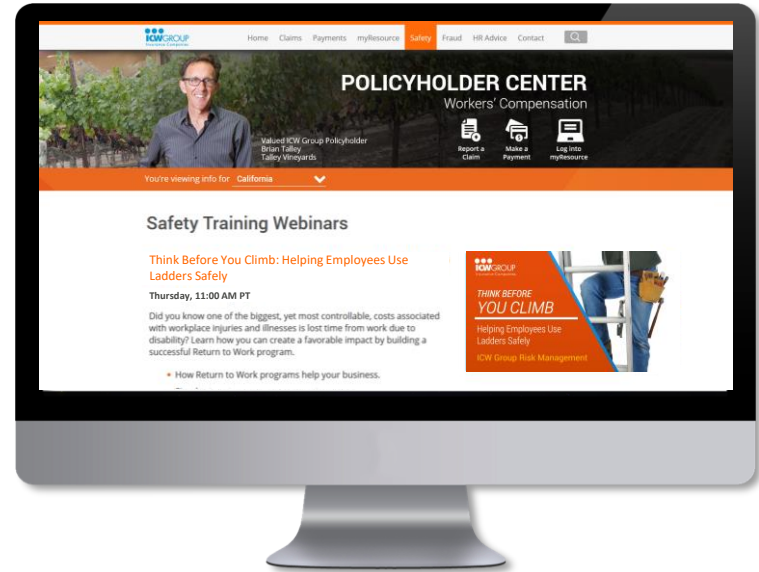
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BONUS MATERIALS!

List of Safety *OnDemand*[®] ladder safety materials



ICW Group Policyholder Website!

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LADDER INSPECTION FORM
Inspect each ladder regularly

Type: Extension Step Construction: Wood Metal Fiberglass Ladder # _____ Location: _____ Year: _____

IMPORTANT: Remove and discard any ladders identified as needing repair, unless repaired with manufacturer-approved methods.

Date Inspected By	Date Repaired/Repaired By					New Day
	Ok	Needs Repair	Ok	Needs Repair	Ok	
GENERAL						
Side rails are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steps or rungs are tight and can't be wiggled by hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nails, screws, bolts and other metal parts in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uprights, braces and rungs are in working order	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ladder is free from oil, grease or slippery materials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Non-slip bases or feet are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
STEP LADDERS						
Not wobbly or loose (i.e. won't wobble from side-to-side)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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All steps are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ladder does not exceed 20 feet in height	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EXTENSION LADDERS						
Extension locks are not loose, broken or missing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Locks seat properly while extended	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pully, rung locks and rope are in good condition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Single section ladders don't exceed 30' in length	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 section ladders don't exceed 48' for metal, 62' for wooden	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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LADDER SAFETY CHECKLIST
Inspect for defects

Check every ladder before you use it. Remove and discard any ladders identified as needing repair, unless repaired with manufacturer-approved methods.

GENERAL

- Side rails are in good condition
- Steps or rungs are tight and can't be wiggled by hand
- Nails, screws, bolts and other metal parts in good condition
- Uprights, braces and rungs are in working order
- Ladder is free from oil, grease or slippery materials
- Non-slip bases or feet are in good condition

STEP LADDERS

- Not wobbly or loose (i.e. won't wobble from side-to-side)
- Hinges, spreaders and stop aren't loose or broken
- All steps are in good condition
- Ladder does not exceed 20 feet in height

EXTENSION LADDERS

- Extension locks are not loose, broken or missing
- Locks seat properly while extended
- Pully, rung locks and rope are in good condition
- Single section ladders don't exceed 30' in length
- 2 section ladders don't exceed 48' for metal, 62' for wooden

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Materials in Spanish & English
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Questions?

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THANK YOU!

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