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THINK BEFORE YOU CLIMB

Helping Employees Use
Ladders Safely

Our presentation begins soon





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THINK BEFORE YOU CLIMB

Helping Employees Use
Ladders Safely

ICW Group Risk Management



Today's presenter

Izzy De Jesus
Sr. Risk Management
Consultant
Risk Management



Today's Topics

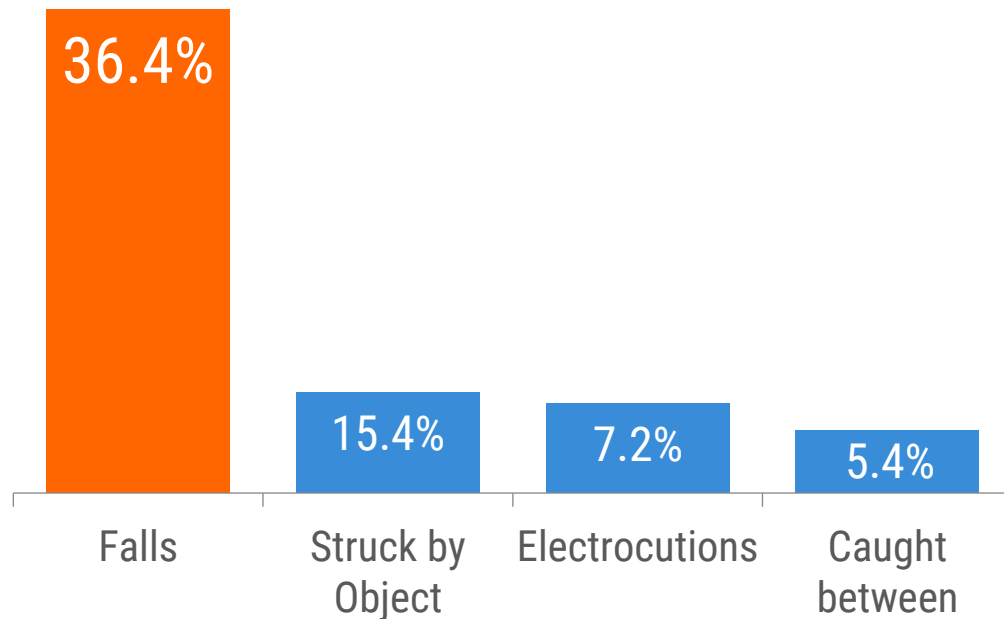
- Importance of Ladder Safety
- The ICW Group Risk Framework
- Reducing Ladder Injuries
- 10 Critical Steps to Ladder Safety



Construction's "Fatal Four"

**Falls are the Leading
Cause of Fatalities
in Construction**

**368 out of 1,008 Total
deaths in construction
were from falls in
2020**



Source: <https://www.cdc.gov/niosh/construction/statistics.html>

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 for 2021

Up from #5 in 2020

**50% of Falls Requiring Medical
Attention are from...**

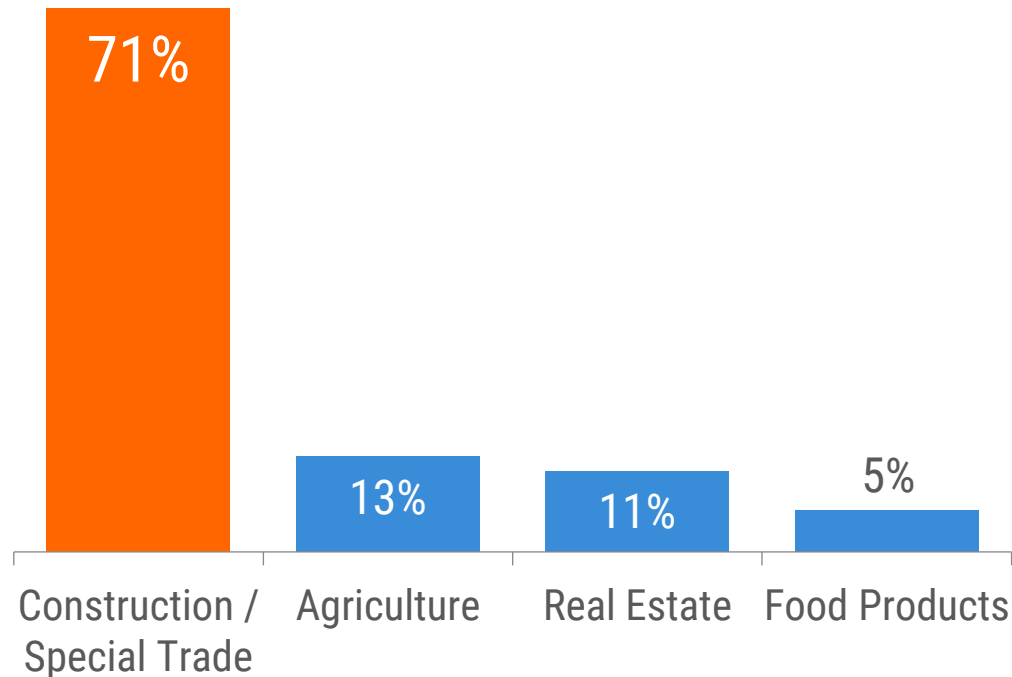
10 feet or Less

CUSTOMER DATA

Work Comp Insurance

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

Ladders safety is Important!



CUSTOMER DATA

ICW Group had nearly \$32 Million in Claim Costs from Elevated Falls in 2021.

Ex-mods are affected for three years

The ICW Group Risk Framework

*Working together
to lower your risk*



The ICW Group Risk Framework

Frequency

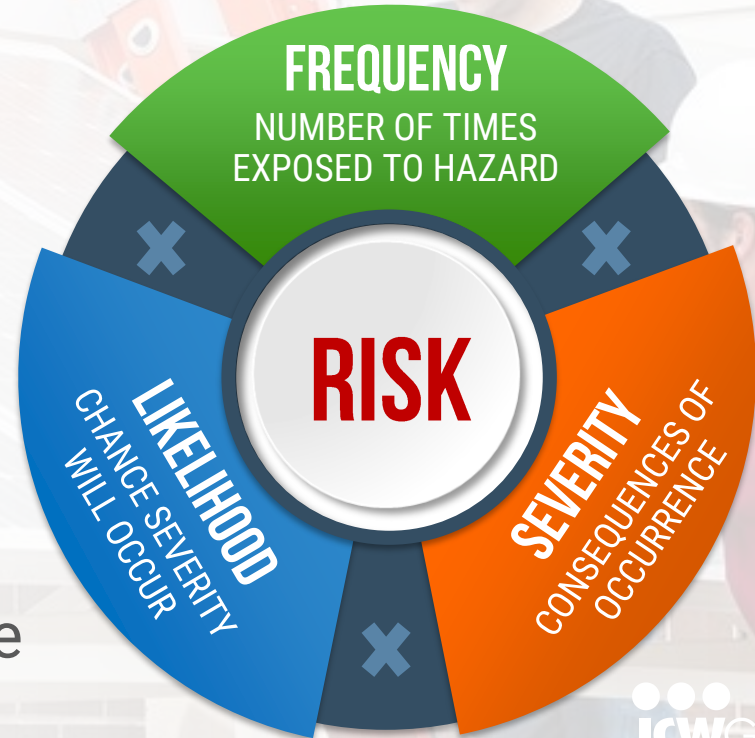
- Times exposed to hazard

Likelihood

- Chance severity will occur

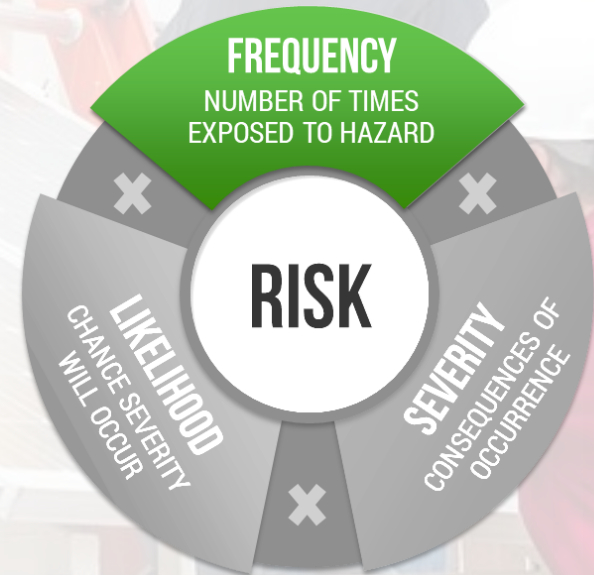
Severity

- Consequences of occurrence



Tips to Reduce Frequency

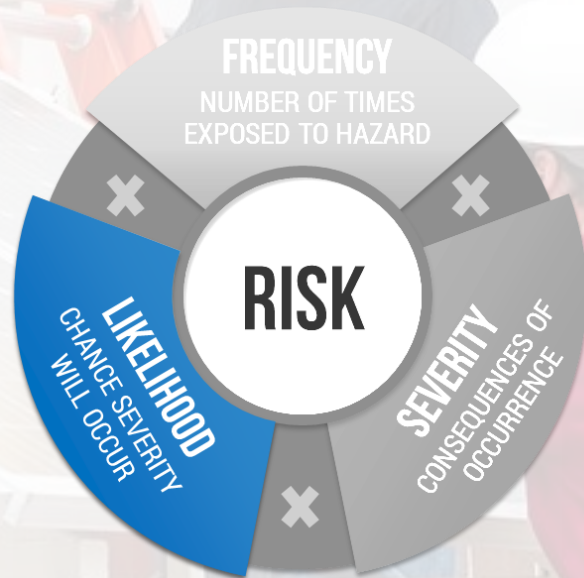
- Complete job assessment
- Store often-used items low
- Validate ladder is correct choice
 - *Should I use a work platform?*
 - *Can I use an extension pole?*
- Prefab work on ground
- Elevate materials with forklift



Tips to Reduce Likelihood

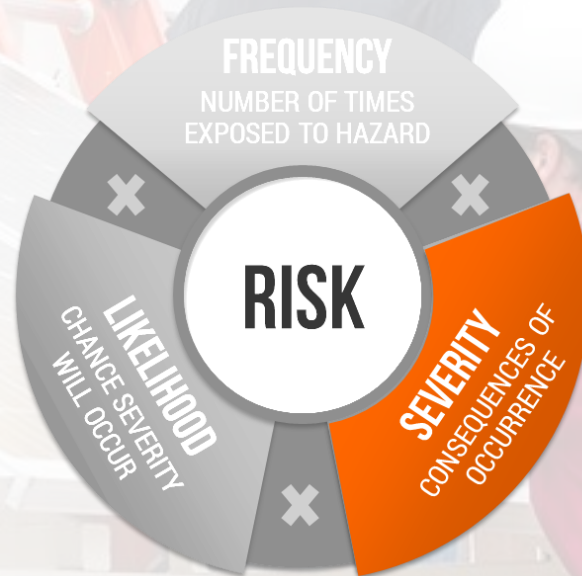
- Select the right ladder
- Secure and use properly
- Follow Safe Practices
- Keep ladders maintained

*Conduct Ladder inspections
and use ICW 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 Improve Your Culture of Safety



10 Critical Steps to Ladder Safety

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You don't have to fall far to get hurt. Remain safe on any ladder with these easy to follow tips.

- 1. Is a ladder your best tool?**
Consider alternatives, such as platforms, scaffolds, lifts.
- 2. Check your surroundings**
Keep clear of electrical lines, crowded areas, uneven surfaces.
- 3. Verify the duty rating**
Include your weight PLUS clothing, PPE, tools, supplies.
- 4. Select the right ladder**
Stepladders, extensions, combinations - select the safest!
- 5. Inspect for defects**
Remove ladders with broken steps, rungs, rivets, cleats.
- 6. Carry ladders carefully**
Be sure your path is clear, then lift and transport carefully.
- 7. Safely secure your setup**
Place on a level, stable surface, lock and stabilize ladder.
- 8. Verify if you need fall protection**
Reduce risk - use safety gear, straps, stays, other devices.
- 9. Read and follow all labels**
Review the usage markings on ladder and follow them!
- 10. Practice safe ladder use!**
Check shoes and steps for slippage, always face ladder, maintain three-point contact and NEVER over-reach!

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Is a Ladder Your Best Tool?

1

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?

Is a Ladder Your Best Tool?

1

- 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?

Check Your Surroundings

2

- What are environment impacts?
- Are there items in my way?
- Am I working by electricity, overhead power lines?
- Are there uneven work surfaces?
- Stairways?

Verify the Duty Rating

3

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

Verify the Duty Rating

3

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

4

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.

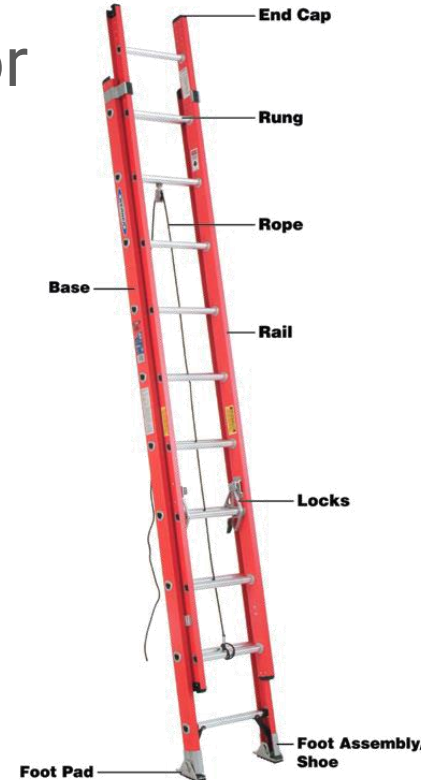


Select the Right Ladder

4

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

4

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

4

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

4

When should you use an articulating ladder?

- Need a work platform
- Can use as scaffold



Inspect for Defects

5

Check ladder is well maintained

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

Inspect for Defects

5

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 Repair	OK	Needs Repair	OK	Needs Repair	OK	Needs Repair
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									
Pulley, 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, 60' for wooden									

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Inspect for Defects

5

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
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Carry Ladders Carefully

6

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

7

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

7

Consider ladder leveling devices

- Manufacturer approved
- Maximum 8 ½ inches extension
- Duty rating remains the same if installed properly



Safely Secure Your Setup

7

- Securely fasten straight or extension ladders to upper support
- Guard doorways near ladder



Need Fall Protection?

8

- Required for fixed ladders above 24'
- Note updated OSHA ruling on cages
- Other ladder type considerations



Read and Follow Labels

9

- Review usage directions
- Be sure to follow!



Practice Safe Ladder Use

10

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

10

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

10

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

Reduce the RISK of Ladder Injuries

Follow safe practice “Do’s” and Don’ts

- Post in employee area



Ladder Safety - Do's & Don'ts
Think before you climb!

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Ladder Do's...

1. Only one person on a ladder.
2. Avoid electrical hazards.
3. Set-up on level, stable surfaces.
4. Read and follow labels/markings.
5. Always face the ladder when climbing.
6. Wear anti-slip shoes; free of mud, ice, oil etc.
7. Maintain three-point contact climbing and descending.
8. Keep your body between rails; hips square to rungs.
9. Secure working area around ladder.

Ladder Don'ts...

1. Use if impaired by alcohol/drugs/medication/illness.
2. Lean too far outside rails in either direction.
3. Move or shift a ladder while on it.
4. Use a self-supporting ladder in a closed position.
5. Use the top step/rung of a ladder as a step/rung.
6. Place on box or unstable base for additional height.
7. Exceed maximum load rating.
8. Carry tools and materials in your hands.
9. Fasten two ladders together for additional height.

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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?



Involve Your Safety Culture

- Observe use in the field
- Coach on correct use
- Educate on choosing correct ladder
- Check ladder labels – add if needed
- Post helpful reminders



Involve Your Safety Culture

- 10 Critical Steps to Ladder Safety
- Ladder Safety – Do's and Don'ts
- Ladder Inspection Guide



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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.

Inspected By	Date	OK	Needs Repair	OK	Needs Repair	OK	Needs Repair	OK	Needs Repair
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 bottom 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									
Pulley, 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, 60' for wood									

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Ladder Safety - Do's & Don'ts
Think before you climb!

Ladder Do's...

1. Only one person on a ladder.
2. Avoid electrical hazards.
3. Set up on level, stable surfaces.
4. Read and follow labels/markings.
5. Always face the ladder when climbing.
6. Wear anti-slip shoes, free of mud, ice, oil etc.
7. Maintain three-point contact climbing and descending.
8. Keep your body between rails, hips square to rungs.
9. Secure working area around ladder.

Ladder Don'ts...

1. Use if impaired by alcohol/drugs/medication/illness.
1. Lean too far outside rails in either direction.
3. Move or shift a ladder while on it.
4. Use a self-supporting ladder in a closed position.
5. Use the top step/rung of a ladder as a step/rung.
6. Place on box or unstable base for additional height.
7. Exceed maximum load rating.
8. Carry tools and materials in your hands.
9. Fasten two ladders together for additional height.

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10 Critical Steps to Ladder Safety

You don't have to fall far to get hurt. Remain safe on any ladder with these easy to follow tips.

1. **Is a ladder your best tool?**
Consider alternatives, such as platforms, scaffolds, lifts.
2. **Check your surroundings**
Keep clear of electrical lines, crowded areas, uneven surfaces.
3. **Verify the duty rating**
Include your weight PLUS clothing, PPE, tools, supplies.
4. **Select the right ladder**
Step ladders, extensions, combinations - select the safest!
5. **Inspect for defects**
Remove ladders with broken steps, rungs, rivets, chains.
6. **Carry ladders carefully**
Use one hand to hold the ladder, then lift and transport carefully.
7. **Secure your setup**
Place on a level, stable surface, lock and stabilize ladder.
8. **Verify if you need fall protection**
Wear risk - use safety gear, straps, stops, other devices.
9. **Read and follow all labels**
Follow the usage markings on ladder and follow them!
10. **Use safe ladder use!**
Shoes and steps for slippage, always face ladder, three-point contact and NEVER over-reach!

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Your Safety Resources

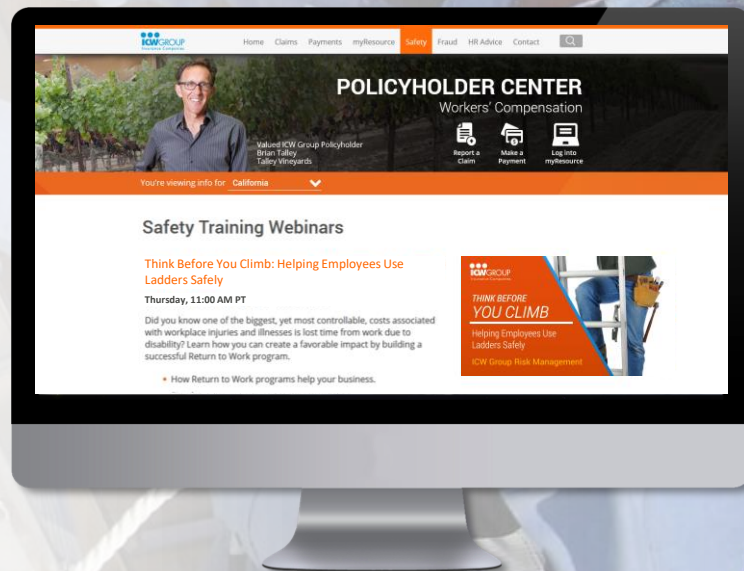
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ICW Group Policyholder Website!

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- Safety and Risk Management area!
- Safety Webinars
- Ladder Safety Video and Materials



ICW Group Policyholder Website!

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Type: ☐ Extension ☐ Step Construction: ☐ Wood ☐ Metal ☐ Fiberglass Ladder # _____

IMPORTANT: Remove and discard any ladders identified as needing repair, unless repair is made.

Date Inspected By	Date repaired/Repaired By	OK		Needs Repair	
		OK	Needs Repair	OK	Needs Repair
GENERAL					
Side rails are in good condition					
Stairs 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 treads or feet are in good condition					
STEP LADDERS					
Not wobbly or loose (i.e. won't wobble from side-to-side)					
Hinges, spreaders and step 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					
Rungs, nail 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, 60' for wooden					

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Ladder Safety - Do's & Don'ts

Think before you climb!

Ladder Do's...

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5. Always face the ladder when climbing.
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7. Maintain three-point contact climbing and descending.
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POLICYHOLDER CENTER

Workers' Compensation

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Employees Use

Reliable, costs associated from work due to impact by building a business.

THINK BEFORE YOU CLIMB

Helping Employees Use Ladders Safely

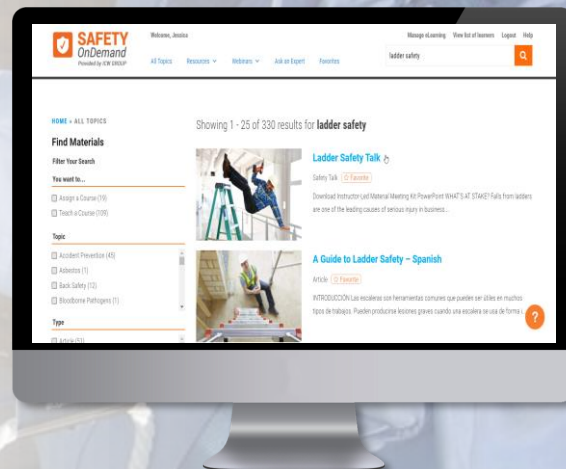
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ICW Group Policyholder Website!

Safety *OnDemand*

- Ladder Safety Videos
- Safety Talks
- eLearning Courses
- Resources available in Spanish and English



QUESTIONS?

CONTACT US:

riskmanagement@icwgroup.com

877-289-1644





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THINK BEFORE YOU CLIMB

SAFETY MATERIALS:

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