



# *THINK BEFORE YOU CLIMB*

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Helping Employees Use  
Ladders Safely

Our presentation begins soon





# *THINK BEFORE YOU CLIMB*

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Helping Employees Use  
Ladders Safely

ICW Group Risk Management



# Today's presenter

**Mike Pettit**

**Sr. Risk Management  
Consultant  
Risk Management**



# Today's Topics

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

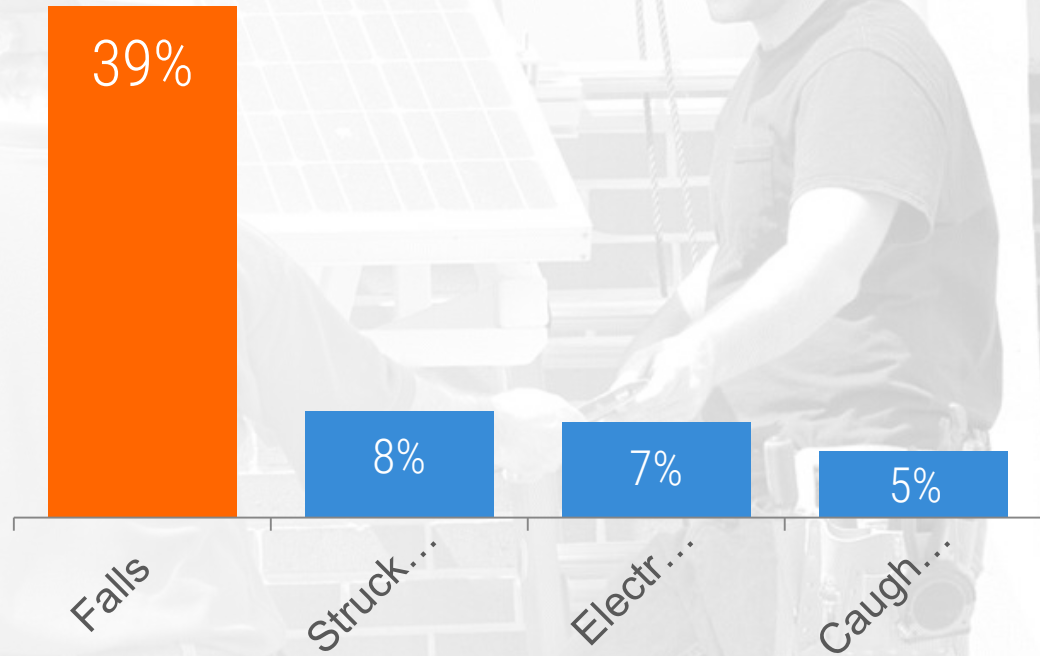


# Construction's "Fatal Four"

**Falls is #1**

**381** deaths

from falls in  
2017 alone



Source: OSHA Commonly Used Statistics



# ALARMING TRENDS

## Poor ladder safety accounts for:

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

# ALARMING TRENDS

**Ranked #6 in OSHA violations**

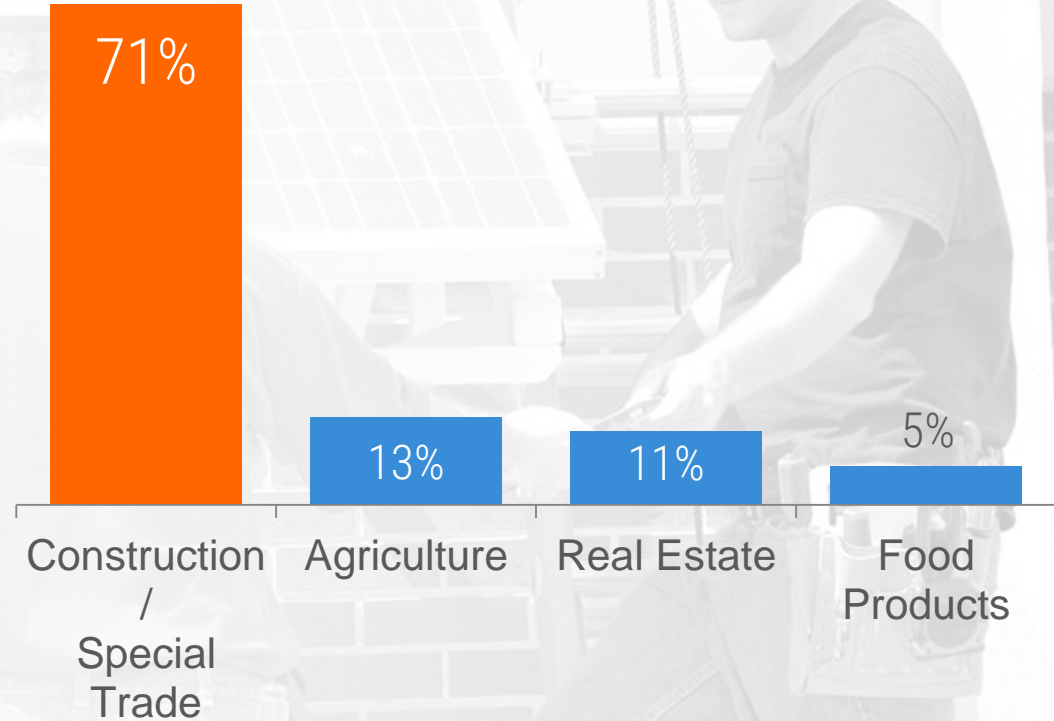
**50%**

falls requiring  
medical attention  
are from heights  
of ...

**less than  
10 feet!**

# CUSTOMER DATA

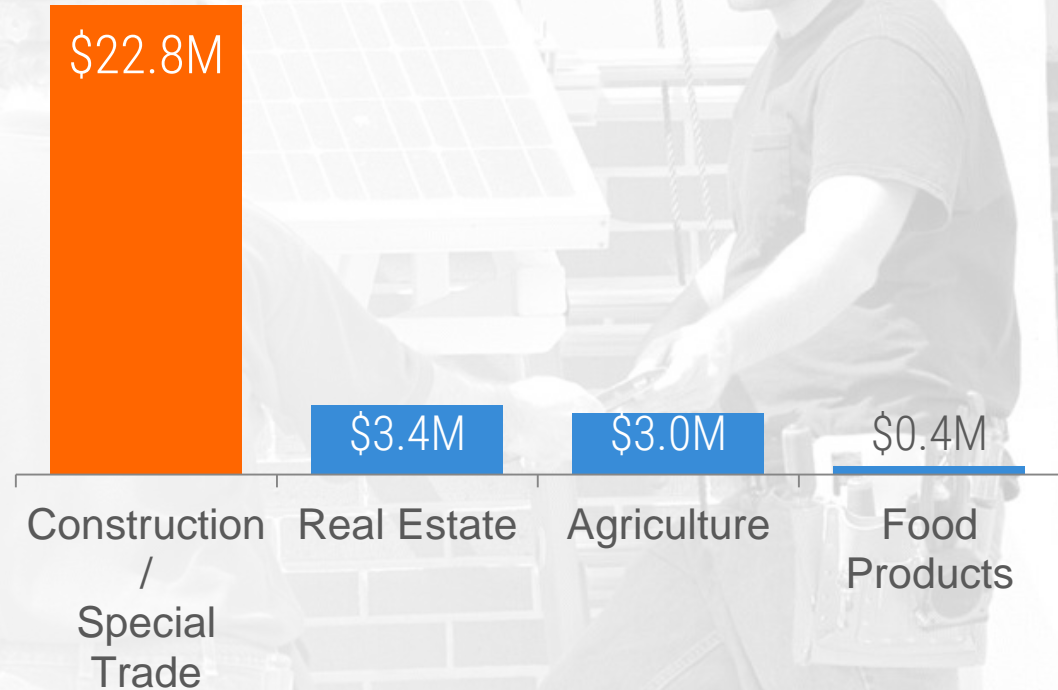
**Of Top 4  
Industries,  
Construction /  
Special Trade #1**





# CUSTOMER DATA

**Over \$22 Million  
in Claim Costs**





# The ICW Group Risk Framework

*Working together  
to lower your risk*



# The ICW Group Risk Framework

## Frequency

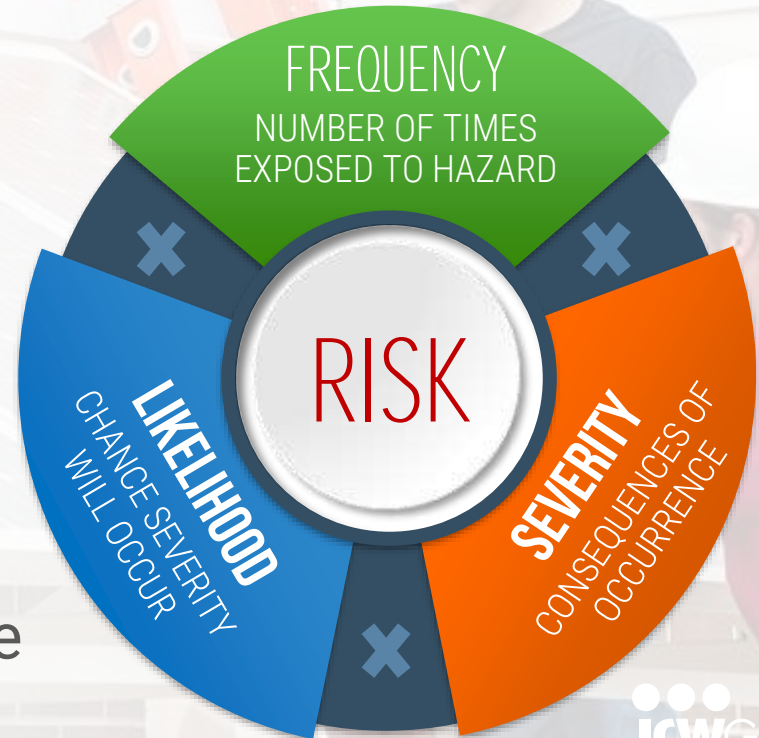
- Times exposed to hazard

## 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** 

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, 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.

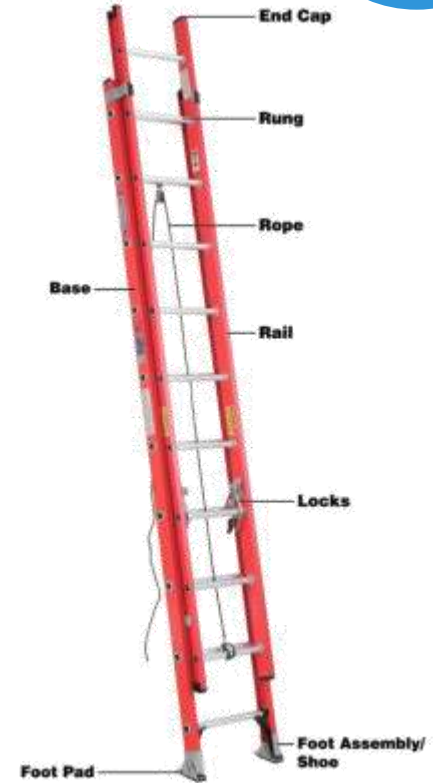


# Select the Right Ladder

## 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  $75.5^\circ$
- 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
<b>GENERAL</b>									
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									
Flyrights, braces and other metal parts are in working order									
Ladder is free from oil, grease or slippery material									
Non-slip treads or feet are in good condition									
<b>STEP LADDERS</b>									
Not wobbly or loose (i.e. won't wobble from side to side)									
Rings, sprockets and step pins aren't loose or broken									
All steps are in good condition									
Ladder does not exceed 20 feet in height									
<b>EXTENSION LADDERS</b>									
Extension locks are not loose, broken or missing									
Locks seat properly when extended									
Pulley, rung haki and rope are in good condition									
Single section ladders don't exceed 30' in length									
2-section ladders don't exceed 40' for metal, 50' 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**  
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	GENERAL		STEP LADDERS		EXTENSION LADDERS	
	OK	Needs Repair	OK	Needs Repair	OK	Needs Repair
Slide 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 rails are in working order						
Ladder is free from oil, grease or slippery material						
Non-slip treads or feet are in good condition						
<b>STEP LADDERS</b>						
Not wobbly or loose (i.e. won't wobble from side to side)						
Hinges, sprayers and step pins/rope in good condition						
All steps are in good condition						
Ladder does not exceed 20 feet in height						
<b>EXTENSION LADDERS</b>						
Extension locks are not loose, broken or missing						
Locks seat properly when extended						
Pulleys, rung bolts and ropes are in good condition						
Single section ladders don't exceed 30' in length						
2-section ladders don't exceed 40' for metal, 50' for wooden						

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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 #7 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!

**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  Combination  Aerial  Portal  Single  Ladder # \_\_\_\_\_ Location: \_\_\_\_\_ Year: \_\_\_\_\_

INSPECTED BY: Personnel and record any defects identified as needing repair, unless repaired with manufacturer approved methods.

Item Inspected By	Date repaired/Repaired By							
	OK	Needs Repair	OK	Needs Repair	OK	Needs Repair	OK	Needs Repair
<b>GENERAL</b>								
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								
Flights, frames and rungs are in working order								
Ladder is free from oil, grease or slippery material.								
Non-slip treads or feet are in good condition								
<b>STEP LADDERS</b>								
Not wobbly or loose (i.e. wood 1 wooden frame side to side)								
Flights, spreaders and step aren't loose or broken								
All steps are in good condition								
Ladder does not exceed 20 feet in height								
<b>EXTENSION LADDERS</b>								
Extension ladders are not loose, broken or missing								
Locks are properly adjusted								
Padding, tie-up ladders and rope are in good condition								
Single section ladders don't exceed 30' in length								
2 section ladders don't exceed 40' for metal, 50' for wooden								

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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/warnings.
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, legs square to rungs.
9. Secure working area around ladder.

**Ladder Don'ts...**

1. Use if impaired by alcohol/drugs/medication/fatigue.
2. Lean too far outside rails in either direction.
3. Move or shift a ladder while on it.
4. Use a self-supporting ladder as a step/lung.
5. Use the top step/rung of a ladder as a step/lung.
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**

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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**  
Step ladders, extension, combination - 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**  
Wear fall - use safety gnc, straps, strops, other devices.
9. **Read and follow all labels**  
Use the usage markings on ladder and follow them!
10. **Use safe ladder use!**  
Knees and steps for slippage, always face ladder, three-point contact and NEVER over-reach!

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# Your Safety Resources

[icwgroup.com/safety](https://icwgroup.com/safety)



# ICW Group Policyholder Website!

[icwgroup.com/safety](http://icwgroup.com/safety)

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





# ICW Group Policyholder Website!

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**LADDER INSPECTION**

Type:  Extension  Step  Construction  Wood  Metal  Fiberglass Ladder  
IMPORTANT: Remove and discard any ladders identified as needing repair, unless repaired.

Date Inspected By  
Date repaired/Repaired By

GENERAL	OK	Needs Repair	OK	Needs Repair
Is it safe to be in good condition?				
Steps or rungs are tight and can't be wiggled by hand				
Rails, screws, bolts and other metal parts in good condition				
Spigots, beams, 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)
- Stairs, treads and edge steel frame in good condition
- All steps are in good condition
- Ladder does not exceed 20 feet in height

**EXTENSION LADDERS**

- Extension ladders are not loose, broken or sagging
- Locks used properly and extended
- Push, tug, kick and step are in good condition
- Single section ladders don't exceed 30' in length
- 2 section ladders don't exceed 36' for metal, 30' for wooden

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**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/medications/illness.
2. Lean too far outside rails in either direction.
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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, extension ladders, combinations - select the safest!
5. **Inspect for defects**  
Remove ladders with broken steps, rungs, rivets, cleats.
6. **Carry ladders carefully**  
Ensure your path is clear, then lift and transport carefully.
7. **Secure your setup**  
Place on a level, stable surface, lock and stabilize ladder.
8. **Use fall protection if you need fall protection**  
Hook - use safety gear, straps, stays, other devices.
9. **Follow all labels**  
Use usage markings on ladder and follow them!
10. **Use a safe ladder use!**  
Use steps for siltyage; always face ladder; no point contact and NEVER over-reach!

Employees Use

**YOU BETTER KNOW CLIMB**  
Training Employees on Ladder Safety

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# ICW Group Policyholder Website!

[icwgroup.com/safety](http://icwgroup.com/safety)

- myResource > RMRx
- Ladder Safety Videos
- Training presentations
- Helpful documents and templates





# *QUESTIONS*

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?CONTACT US:

[riskmanagement@icwgroup.com](mailto:riskmanagement@icwgroup.com)





*THINK BEFORE  
YOU CLIMB*

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SAFETY MATERIALS:

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