Ladder Selection:
Ladders are assigned a duty rating that indicates the maximum load (combined weight of user and materials) the ladder may carry. Ladders should be selected according to the anticipated maximum load as follows: Type III light-duty ladders are duty rated for 200 pounds; Type II medium-duty ladders are duty rated for 225 pounds; and Type I heavy-duty ladders are duty rated for 250 pounds. Aluminum ladders are not suitable for work that may involve contact with electrical currents.

Ladder Precautions:

- Inspect ladder for defects (e.g., damaged rungs, steps, braces) before using. Any ladder with defects must be removed from use by attaching a tag that states “OUT OF SERVICE: DO NOT USE”. Complete tag with appropriate information.

- Set ladder on a solid, level surface.

- Stepladders should be fully opened with spreaders locked.

- Extension ladders should be placed at a four-to-one ratio (i.e., ladder base should be one foot out for every four feet of height to the support point).

- Assure all locks on extension ladders are properly engaged.

- Never place a ladder in front of a door that is not locked, blocked, or guarded.

- If an extension ladder is to be used to climb on a roof, there should be 3 feet (or 3 rungs) extending beyond the edge of the roof.

- Mount ladders from the center and climb/descend the ladder using both hands.

- Have 3 points of contact when using the ladder.

- Never step on the top two rungs or top step of any ladder or platform of a stepladder.

- Never “walk” a stepladder while standing on it.

- Never place a ladder against a window pane or sash.

- Never use ladders during strong winds or storms.

- Never stand on a rung or step and face away from the ladder.