

Fixed Ladders



JR Jessica Richardson | Sep 26, 2018 | 1 view

Fixed Ladders

When inspecting fixed ladders before use, look for:

- Loose, worn and damaged rungs or side rails
- Damaged or a corroded cage
- Corroded guard, bolts and rivet heads
- Damaged or corroded handrails and brackets on platforms
- Broken or loose anchorages
- Weakened or damaged rungs on brick or concrete slabs
- Defects in climbing devices, including loose or damaged carrier rails or ropes
- Slippery surfaces from oil and ice
- Clutter obstructing the base of ladder or platform.

When climbing a fixed ladder:

- Wait until the other person has exited before ascending or descending.
- Use the appropriate safety devices (e.g., restraint belt, traveling fixture).
- Maintain three-point contact by keeping two hands and one foot, or two feet and one hand on a ladder always.
- Face ladder and use both hands to grip the rungs firmly.
- Place feet firmly on each rung.
- Wear footwear with heels. Ensure that footwear is in good condition.
- Clean muddy or slippery boot soles before mounting a ladder.
- Rise or lower tools and materials using a hand-line.
- Avoid climbing with wet soles.
- Do not carry tools or materials in your hand while climbing. Carry small tools in a tool pouch.
- Do not jump from a ladder.
- Check footing before descending a ladder.
- Do not hurry up or slide down a ladder.

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How OSHA Rule on Fixed Ladders Impacts You & Yo...



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