

Ladder Setup and Inspection

About 10 minutes to deliver

Angle, footing, tie-off and the three feet above the landing — the setup decides whether the climb is safe before anyone touches it.

Most ladder falls are decided before anyone climbs. The ladder was at the wrong angle, on soft ground, or nobody looked at it first.

INSPECT IT FIRST, EVERY TIME

- Rungs and rails — cracked, bent, split, missing.
- Feet — worn, missing, or clogged with mud so they cannot grip.
- Spreaders and locks on a stepladder — they must lock fully open.
- Grease, mud, ice, wet paint on the rungs.
- Labels legible, including the duty rating.

A damaged ladder gets tagged and removed from service, not leaned in the corner for someone else to find.

SETTING IT UP

- Four to one. For every four feet of height to the support point, the base comes out one foot. Too steep and it tips back; too shallow and the base slides out.
- Three feet above the landing. 1926.1053 requires the side rails to extend at least three feet above the surface you are stepping onto, so there is something to hold while you transfer.
- Firm, level footing. Not on mud, not on a plank across a hole, never on top of another object to gain height.
- Tie it off at the top, or have someone hold it until it is secured.
- Doors. If it stands in front of one, lock the door or post someone.
- Right duty rating. You plus tools plus material. Type IA is 300 pounds, Type III is 200. That difference is a person's kit.

USING IT

- Face it, both directions. Three points of contact.
- Belt buckle between the rails. If you have to reach past that, get down and move the ladder. Overreaching is the single most common way people come off.
- Top step and top cap of a stepladder are not steps. They are labelled so for a reason.
- Metal ladders and electricity do not mix. Fibreglass near any live work or overhead line.

ASK THE CREW

- Is every ladder on this site rated for the person plus their tools?
- Where are we using a ladder that should really be a scaffold or a lift?
- Has anyone found a damaged ladder that has not been tagged?

29 CFR 1926.1053 · 29 CFR 1926.1060

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ATTENDANCE RECORD

Ladder Setup and Inspection

About 10 minutes to deliver · 29 CFR 1926.1053 · 29 CFR 1926.1060

Date

Job / site

Delivered by

Company

#	Print name	Signature	Date
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I delivered this talk and determined it was suitable for this crew and this work.

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