

Safe Ladder Climbing Practices

OHBA Safety Pages

- ✓ Always check to see that the ladder will remain securely in place.
- ✓ Always face the ladder and maintain three-points of contact when climbing and working on ladder.
- ✓ Always ensure the fly section of extension ladders are properly locked in place.
- ✓ Never climb above the fourth rung from the top of an extension ladder or the second rung from the top of a step ladder. *(Some stepladder manufacturers restrict the use of the top two steps. Please read the ladder warning stickers and owners manual to see what is required for your ladder.)*



- ✓ Never over reach to the sides of a ladder. Keep your belt buckle between the rails of the ladder.
- ✓ Never climb a ladder with mud, grease, oil, ice/snow or other slip hazards.



The information we provide is not intended to include all possible safety measures and controls. In addition, the safety information we provide does not relieve the Members of its own duties and obligations with regard to safety concerns, nor does Oregon Home Builders Association guarantee to the Members or others that the Member's property, job sites and/or operations are safe, healthful, or in compliance with applicable laws, regulations or standards. The Members remain responsible

for their own operations, safety practices and procedures and should consult with legal counsel as they deem appropriate.

SAFETY PAGE MEETING GUIDE

Topic: Ladder Safety

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

Follow up on recommendations from last safety meeting:

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks:

Supervisor: _____
(Print) (Signature)