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## **SIP TIP: INSPECTING LADDERS**

One of the most frequently occurring accidents in the construction industry is falls from elevations. A large percent of these falls are falls from ladders. They are used constantly in the construction industry and they tend to get worn out quickly and can be very hazardous.



Here are some good tips for inspecting ladders to prevent injuries:



- Each time you prepare to use a ladder, perform a quick ladder inspection to make sure it will safely support you.
- Check the side rails to be sure that they are not bent, broken or cracked.
- Check for bent, broken, cracked and missing rungs or steps.
- Make sure the rungs or steps are not loose due to missing rivets or bent or missing hardware.
- Make sure each rail has a cleat at the foot of the ladder.
- Check the cleats to make sure that they are still properly attached to the ladder.
- Also check the bottom of the cleats to make sure that they are not worn to the point that the ladder could slip.
- Check all of the hardware for excessive corrosion.
- On older wooden ladders, make sure the hardware has not rusted to the point that it can't support the load.
- On stepladders, make sure the support braces are intact and properly secured to both sides of the ladder.
- Take any defective ladder out of service immediately and report the problem to your supervisor as soon as possible.



**REMEMBER: INSPECT YOUR LADDER PRIOR TO USE, AND ALWAYS USE THREE POINTS OF CONTACT WHILE CLIMBING THE LADDER; ALL LADDERS SHALL EXTEND THIRTY-SIX INCHES ABOVE THE LANDING.**