



City of Salinas

COMMUNITY DEVELOPMENT DEPARTMENT

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BASIC LADDER SAFETY PROCEDURES

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Ladders are tools. Many of the basic safety rules that apply to most tools also apply to the safe use of a ladder:

- If you feel tired or dizzy, or are prone to losing your balance, stay off the ladder.
- Don't climb ladders when surfaces are wet.
- Wear clean slip-resistant footwear. Footwear with leather soles are not appropriate for ladder use as they are not considered appropriate slip resistant.
- Before using a ladder, inspect it to confirm it is in good working condition.
- Ladders with loose or missing parts and that are unstable WILL NOT be used to conduct inspections.
- The Duty Rating of the ladder must be greater than the total weight of the climber, tools, supplies, (Min.300lbs).
- The length of the ladder must be sufficient so that the ladder extends 3 rungs above the surface.
- When the ladder is set-up for use, it must be placed on firm level ground, securely tied off at the top and without any type of slippery condition present at either the base or top support points.
- Only one person at a time is permitted on a ladder.
- Ladders must not be placed in front of closed doors that can open toward the ladder. The door must be blocked open, locked, or guarded.
- Read the safety information on the ladder.
- The on-product safety information is specific to the particular type of ladder on which it appears. The climber is not considered qualified or adequately trained to use the ladder until familiar with this information.
- **Do not walk on any sloped surfaces that are wet or when the air temperature is potentially freezing** to perform inspections. If you must inspect this area have the contractor relocate the ladder to different sections of the areas to be inspected.
- **Do not climb any ladder over two stories** in height. The permit holder will be required to use other methods for providing access for inspection such as a boom lift.
- Climb slowly, deliberately and avoid sudden movements. Never attempt to move a ladder while standing on it.
- Keep the center of your belt buckle (stomach area) between the ladder side rails when climbing. Do not overreach or lean while utilizing the ladder. This will help prevent any unnecessary unbalanced falls and prevents jeopardizing the integrity of the ladder position.

During ascent and descent, the climber must face the ladder and have two hands and one foot, or two feet and one hand in contact with the ladder steps, rungs and/or side rails at all times. This will prevent the climber becoming unstable in the event one limb slips during the climb. It is important to note that the climber must not carry any objects in either hand that can interfere with a firm grip on the ladder.