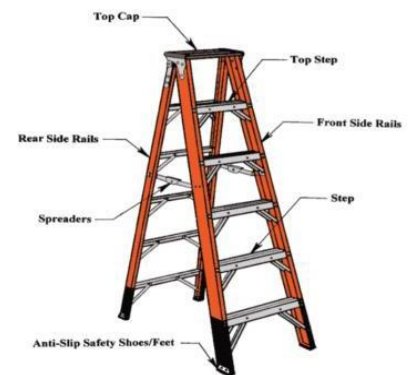


Yearly, more than 164,000 workers are injured while working on a ladder. Most ladder accidents result from incorrect ladder selection, poor ladder condition, and/or improper use of the ladder. Portable ladders should be inspected before every use, annually, and/or after any fall.

Portable Ladder Selection and Set-Up

- Use the right height/type of ladder for the job.
- Choose the right duty rating.
(it should be more than your weight plus the weight of the load you're carrying).
- Inspect the ladder before each use.
- Set up the ladder on level and stable ground.
- Place the ladder in a clear area where it can't be bumped or knocked over. Use a spotter for high-traffic areas.
- Use fiberglass ladders near charged electrical equipment.
- Wood ladders are prohibited on campus.
- Only Type I, IA, IAA ladders are allowed.
- Do not use or try to repair a defective ladder!

Type	Duty Rating	Use	Load
IAA	Special Duty	Rugged	375 lbs.
IA	Extra Duty	Industrial	300 lbs.
I	Heavy Duty	Industrial	250 lbs.



Using a Step Ladder/Specialty Ladders (Combination and Platform Ladders)

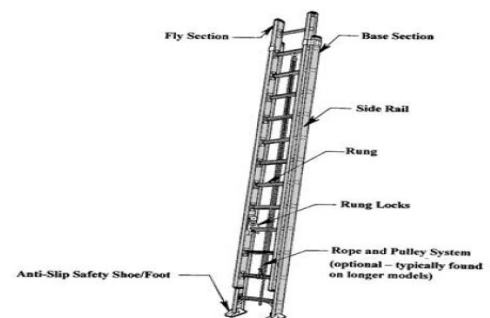
- Ensure footwear has good traction and that laces are tied.
- Check for overhead obstructions.
- Eliminate slip and trip hazards such as grease, cords and loose clothing.
- Remain centered on the ladder and do not over-reach.
- Keep three-point contact (two feet and one hand or two hands and one foot contact) with the ladder when ascending and descending.
- Watch your step! Always face the ladder; don't skip a step or jump off.
- Use a belt, rope, or hoist to transport tools.
- Never climb on the rear of a step ladder or stand on the top step and cap.



Using an Extension Ladder

Adhere to all steps listed on Step Ladder. Additionally:

- Ensure stable ground and secure base to prevent slipping.
- Extend the top of the ladder three feet above the landing area.
- Limit one person at a time.
- Use the 4:1 ratio – For every 4 feet the ladder extends upwards, the base should be 1 foot away from the wall. Approximately 75-degree angle.



Additional Information

- [UCI Ladder Safety FAQ and Resources](#)
- [UCI Safety Moment – Choosing and Using Ladders](#)
- [UCI Ladder Inspection Checklist](#)