

DEAR LCI MEMBER:

Accidents involving ladders are the single major cause of serious workplace accidents for LCI insured companies. In just the past few years the following serious injuries have occurred.

A man moving his extension ladder from one location to another walked his ladder into a power line. He died from the electrocution.

A man on a step ladder fell from the ladder when the floorboard under the ladder gave way causing the ladder to tumble. The man died from his injuries.

A man on an extension ladder doing gutter work jumped off the ladder when the ladder began sliding. He broke both of his ankles and will likely never walk again without the assistance of a cane.

In most claims involving ladders the accident was likely preventable if certain generally accepted ladder safety rules were followed.

Because most ladder claims involve a fall to a ground, nearly all accidents result in very serious injuries, including paralysis and fractures. These are very expensive claims involving significant time in an emergency room and in an intensive care unit. The cost of these claims may have a direct impact on the premium that an LCI member has to pay for his workers' comp coverage.

To use a ladder safely involves preparation before an individual even ascends the ladder. Hopefully this booklet will serve as a reminder of the rules and procedures regarding ladders.

In the near future LCI will offer workshops on ladder safety. We hope that you and your workers will consider attending one of these workshops.



10 KEYS TO LADDER SAFETY



1123 N. Causeway Blvd., Mandeville, LA 70471
p: (985)612-1230 | f: 985-224-4532
lciwc.com





Remember to keep these *10 keys to ladder safety* in mind.

1. ***Most accidents are caused by faulty ladder set up.*** Ladders should only be set up at a 4:1 proportionate angle (1 ft. out from the base for every 4 ft. of rise) on a solid, level surface using skid planes or stabilizers, if necessary.
2. ***Wear proper footwear with non-slip soles,*** and don't forget that ladders should be kept free of oil, grease, wet paint, and other slipping hazards.
3. ***Thoroughly inspect each ladder prior to use.*** If the ladder is damaged, it must be removed from service and tagged until it can be properly repaired or discarded.
4. ***Don't carry tools in your hand when climbing the ladder.*** Rather, use a window cleaner's tool belt, or belt designed for the ladder work to be accomplished.
5. ***Do not stand above highest "safe standing level"*** prescribed by ladder's manufacturer. As a rule, never stand on the top three rungs of a straight, single or extension ladder.
6. ***Do not exceed the maximum load rating of a ladder.*** Be aware of both the ladder's load rating and the weight it is supporting, including the weight of any tools or equipment.
7. ***Always maintain at least 3 points of contact*** when climbing any ladder. Keep your body near the middle of the step and always face the ladder while ascending and descending. Never extend the center of your body's torso past either side rail of ladder. Do not over reach.
8. ***Extension or straight ladders must extend at least 3 ft. above the surface*** when being used to climb onto or off of an upper surface. Be sure that all locks on an extension ladder are properly engaged.
9. ***Do not set up ladders in high-traffic areas.*** The area around the top and bottom of ladder must be kept clear. Avoid electrical hazards! Look for overhead power lines before handling a ladder. Never use a metal ladder or wet wooden ladder near power lines or exposed energized electrical equipment.
10. ***Always provide effective employee training.*** To truly be effective, training must be provided in a language and at a level that employees understand. Their training must also be specific to the actual work they will be doing and include practical demonstrations of a ladder's proper use.