

Slide 1



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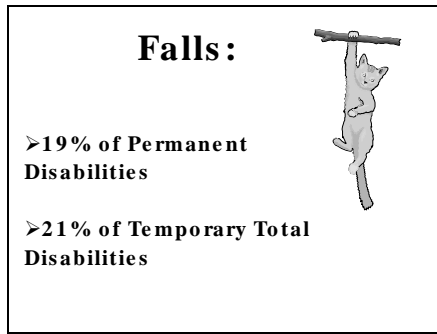
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Slide 2



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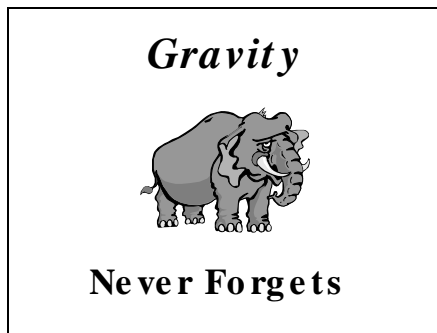
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Slide 3



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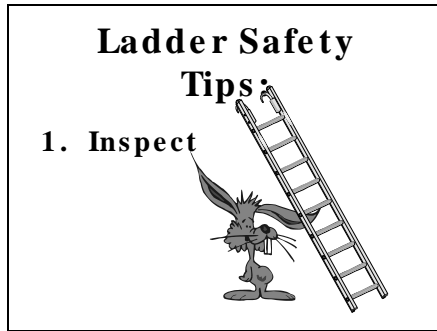
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Slide 4



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Slide 5



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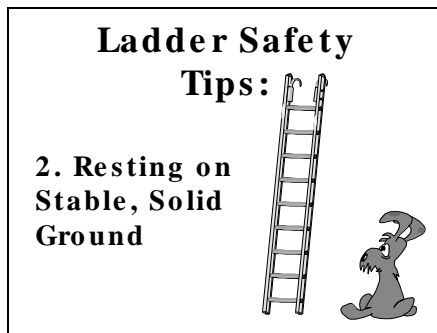
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Slide 6



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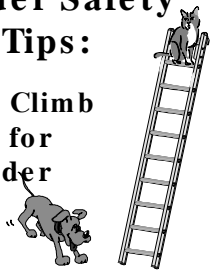
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Slide 7

**Ladder Safety  
Tips:**

**3. Don't Climb  
too High for  
Your Ladder**



A cartoon dog is standing on a ladder, looking down. A speech bubble next to it says "Too High!".

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Slide 8

**Ladder Safety  
Tips:**

**4. Keep Your  
Body Between  
the Side Rails**



A cartoon dog is standing on a ladder, looking down. A speech bubble next to it says "Keep Your Body Between the Side Rails!".

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Slide 9

**Ladder Safety  
Tips:**



A cartoon dog is standing on a ladder, looking down. A speech bubble next to it says "Remember the 3-Point Rule!".

**5. Remember the  
"3-Point Rule"**

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Slide 10

**Ladder Safety  
Tips:**

**6. Face the  
Ladder When  
Going Up or  
Down**



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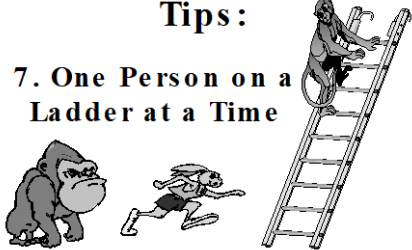
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Slide 11

**Ladder Safety  
Tips:**

**7. One Person on a  
Ladder at a Time**



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Slide 12

**Ladder Safety  
Tips:**

**8. Use the Right  
Ladder For the  
Task**



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Slide 13

**Ladder Safety  
Tips:**

**9. Never Use Metal  
Ladders Around  
Electrical Wires or  
Equipment**

A cartoon illustration of a grey and white cat standing on its hind legs, holding a metal step ladder with both paws. The cat has a grumpy expression.

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Slide 14

**Ladder Safety  
Tips:**

A cartoon illustration of a white rabbit with long ears, wearing a black t-shirt, holding a compact step ladder with both hands. The rabbit has a neutral expression.

**10. Ladders  
Should be as  
Compact as  
Possible**

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Slide 15

**Ladder Safety  
Tips:**

**11. Carry  
Ladders  
Properly**

A cartoon illustration of a grey duck standing and carrying a long step ladder balanced on its back. The duck is facing right.

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Slide 16



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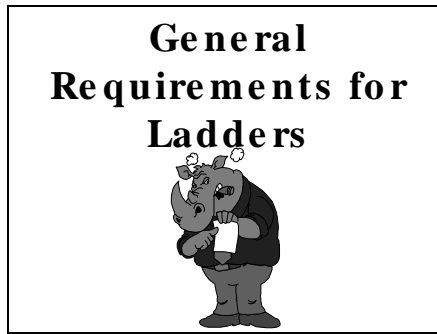
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Slide 17



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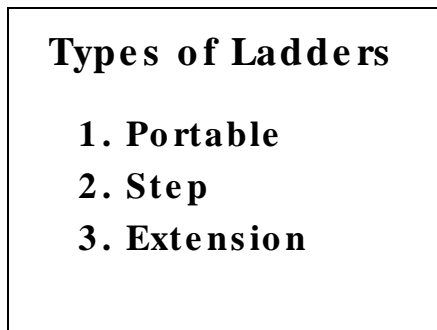
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Slide 18



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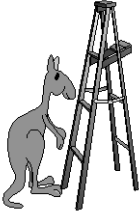
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Slide 19

### Portable Ladders

**Inspection and Care**  
Check for:

1. Can it support 4 times the load  
(3.3 times for extra heavy-duty type ladders)
2. Slip-resistant rungs or steps



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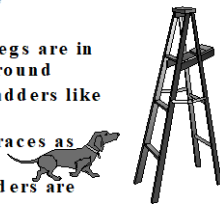
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Slide 20

### Step Ladders

**Inspection and Care**  
Check for:

1. Make sure all 4 legs are in contact with the ground
2. Don't use step ladders like straight ladders
3. Don't use rear braces as steps
4. Make sure spreaders are locked



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Slide 21

### Extension Ladders

**Inspection and Care:**  
Check for:

1. Long enough for the job
  - \* at least 3 feet above point of support
  - \* can work without overreaching
2. Height adjusted only by user, and only when on ground
3. Base of ladder one quarter (1/4) working length of the ladder from the support wall



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Slide 22

### Fixed Ladders

General Tips:  
Check for:

1. Proper support of ladder and rungs
2. Proper length of ladder
3. Clearances between sides, front & back of ladder
4. Rungs designed to prevent slipping
5. Cages, wells, safety devices, self-retracting lifelines, platforms as required
6. Proper step-across distances, extensions of side rails above top level and flaring and clearance of rails



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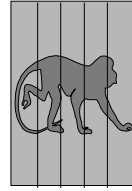
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Slide 23

### Cages for fixed ladders

Inspection and Care  
Check for:

1. Horizontal Bands:
  - \* Fastened to rails or structure
  - \* Spacing
2. Vertical Bars:
  - \* Inside horizontal bands
  - \* Fastened to horizontal bands
  - \* Spacing



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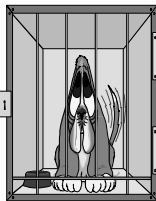
Slide 24

### Cages for fixed ladders

(contd.)

Inspection and Care  
Check for:

3. Size of cage
4. No projections inside cage
5. Bottom of cage flared
6. Top of cage 42-inches above platform



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Slide 25

### Wells for Fixed Ladders

Inspection and Care

Check for:

1. Completely encircle ladder
2. Free of projections
3. Proper diameter and length

A cartoon illustration of a person wearing a hard hat and safety glasses, standing on a platform and inspecting a ladder well. The person is holding a circular object, possibly a gauge or a mirror, to check the well's condition.

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Slide 26

### Ladder Safety Devices and Support Systems

Inspection and Care

Must:

1. Withstand a 500 lb. drop test
2. Hands-free operation, going up or down
3. Activate 2 feet after a fall
4. Limit speed of descent to maximum of 7 feet per second
5. Length of lifeline  
\* 9 inches or less

A cartoon illustration of a person wearing a hard hat and safety glasses, standing on a platform and using a ladder safety device. The person is holding a circular object, possibly a gauge or a mirror, to check the device's condition.

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Slide 27

### Mounting Fixed ladders

Inspection and Care

Check for:

1. Proper attachments
2. Mountings & installation - don't reduce strength of the ladder
3. Side rails, steps & rungs for side-step ladders continuous in extension

A cartoon illustration of a person wearing a hard hat and safety glasses, standing on a platform and inspecting a ladder mounting. The person is holding a circular object, possibly a gauge or a mirror, to check the mounting's condition.

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Slide 28



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