

## LADDER SAFETY TRAINING

Ladders are one of the most commonly misused tools resulting in accidents. OSHA requires that people using ladders must have training which enables users to recognize hazards related to ladders.

**Each volunteer using any ladder at any event of the Jefferson County Master Gardener Program must be certified in ladder safety. For questions contact WSU Jefferson Extension at 360-379-5610 x 202**

### General Safety Rules for All Ladders

- Be sure the ladder being used has the proper duty rating (weight capacity) to carry the combined weight of the user and the materials carried. Check the duty rating sticker on the side of each ladder to make sure you are in compliance.
- Always inspect all part of the ladder for safety before using it.
- Never use a defective ladder. Tag it “defective” and remove it from the work area.
- Setup the ladder so it rests firmly and evenly on the ground. Always have a stable base.
- Climb ladders safely facing the ladder, use both hands to grip the ladder,
- Never carry heavy load up a ladder. Climb up yourself and pull up the material with a rope.
- Overreaching is probably the most common cause of falls from the ladder. A good rule is to always keep your belt buckle inside the rail of the ladder.
- Do not try to move a ladder while you are on it by rocking.
- Store ladder on racks, which give them support, when not in use.

**Step Ladders and Orchard Ladders are the only two types of ladders that may be used by volunteers in the MG .**

### To receive certification:

Apply for certification at the Extension Office.

Watch the following on line videos:

<http://www.youtube.com/watch?v=w411yOBnf2Q>

<http://www.youtube.com/watch?v=9TAqOmvPThw>

Complete and return the attached written test to the extension office.

## Additional Optional Reading

OSHA Ladder Safety Training Standards: [eLCOSH : Ladder Safety](#)