

NRMCA Monthly Safety Initiative

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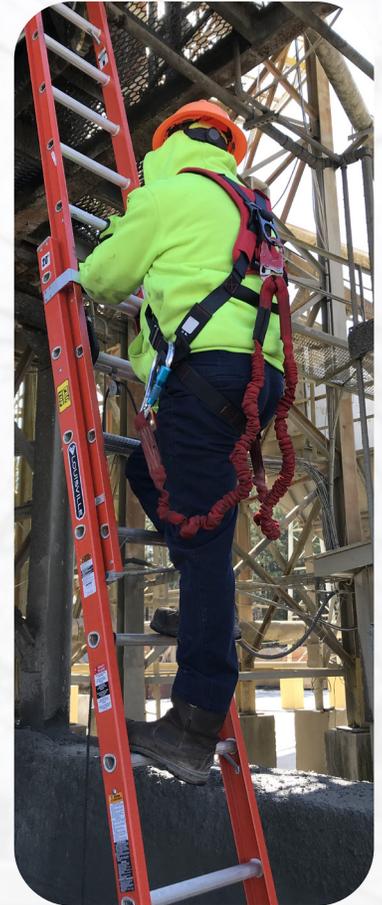
Portable Ladders

Ready Mixed Concrete Industry and Portable Ladders

Nearly all ready mixed concrete industry employees will, from time to time, use some type of portable ladder at work. Whether it's an office employee using a step stool to reach an upper cabinet or maintenance using an extension ladder to repair the flex boot in the load lane at the plant, portable ladder safety training is a requirement for all of us. OSHA estimates, for general industry companies, falls from ladders; step, straight, combination, and extension, account for 20% of fatal and lost workday injuries.

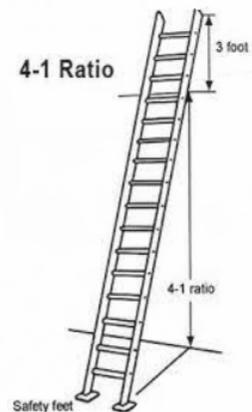
Portable Ladder Safety Knowledge is Key at a Concrete Plant

The employee training requirements for ladder safety are covered within OSHA's Walking and Working Surfaces standard. As ready mixed concrete producers, it's our responsibility to train our employees to use portable ladders safely. First and foremost, use the right ladder for the right job in accordance with the ladder duty rating label. Don't use chairs, boxes, or even 55-gallon drums to reach elevated objects (use of portable ladders is safer). Be sure to inspect the ladder before using. Set up the ladder properly. Ascend and descend facing the ladder and keep your waist between the rails. Always use 3-points of contact. Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment. Fiberglass ladders are recommended over metal ladders. Be sure that all locks on an extension ladder are properly engaged before climbing. At the concrete plant, make sure your boots and ladder rungs are dry and free from mud or dirt. Label and discard all damaged portable ladders. Stow portable ladders in a manner and environment that will limit damage and deterioration.



Dos and Don'ts of Portable Ladder Safety

- Think first when using portable ladders
- Verify load/weight rating prior to use
- Set up extension ladders using the 4:1 rule
- Routinely conduct portable ladder inspections
- Be mindful of pinch points on folding/extension ladders
- Conduct ladder safety training for all employees
- Don't use step ladders in a partially closed position
- Make sure the ladder is the proper length for the job
- Verify non-slip ladder feet are in good condition
- Don't stand on the top 3 rungs of an extension ladder
- Destroy all defective ladders to ensure no further use



Resources

OSHA: [Portable Ladder Safety](#), [Step Ladders](#), [Extension Ladders](#), [Ladder Safety](#)

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