

U.S. Department of Labor
Mine Safety and Health Administration
Educational Field and Small Mine Services



Location _____ Date _____

Competent Person _____ Duration _____ Time _____

Ladder Safety

Remember, Accidents do not just happen. Invariably, they occur because of indifferences to safety rules and lack of information or effective training.

- **SLAM Stop Look Analyze Manage** every project should begin with a plan that includes discussion on how this type of task had been completed before and any problems that may occur.
- **Task training is essential** for any new miners or on new equipment that has not been involved in these types of projects in the past. Ladders present opportunities for fall hazards if they used improperly or under unsafe conditions. [46.7](#)
- **Lock-out, Tag-out, Test** **Never** work on equipment unless you have locked out the power. Each person doing work must lock-out and tag. Each person must keep their key in their possession. Each person should remove their lock at the completion of the project. **TEST** for stored energy make sure any project you are working on will not move. Equipment with unbalanced drives may have a tendency to move. Blocking of moving parts is required when any possibility exists of non-powered movement. [56.12016](#); [.12017](#); [.14211](#)
- **Inspect all tools** for damage prior to starting project. Ladders come in four categories, Type IA 300# extra heavy duty; Type I-250# heavy duty; Type II-225# medium duty; Type III-200# light duty ladders should not be used beyond the manufacturer's recommendations. The use of damaged ladders is prohibited, damaged foot cleats, broken or missing steps, or rungs, broken or split side rails or other defects should be taken out of service immediately and tagged out of service until repaired or removed from the mine site. Painted ladders are not allowed on mine sites as the paint could hide potentially dangerous defects. Rungs and steps should be clean of any grease, oil mud, snow and ice before climbing. [56.11007](#); [.14100b](#); [.14205](#)
- **Proper PPE** is required hard hats, safety glasses, boots rubber soles to prevent slipping, gloves, **if there is a danger of falling fall protection is required.** [56.15002](#); [.15003](#); [.15004](#); [.15005](#);
- **Survey your working area**, to make sure you are not working around any doors where persons would not be aware of individuals working from a ladder. If you need to work in this type of area make sure signs are posted and or area is barricaded. Pick up ladder and walk it into an upright position, making sure it will not contact and electrical wires. Ladders should never be used as a scaffold with plank boards for a working surface. [56.11001](#); [.11003](#); [.11004](#); [.11005](#); [.11006](#).
- **Best practices for ladders.** Use 4 to 1 ratio when leaning single or extension ladder make sure to tie off the ladder before work begins, always open a stepladder completely and make sure

the spreader is locked completely, do not stand on the top 2 rungs of step or straight ladders, straight ladders should extend 3 rungs or 3 feet past the landing, do not leave tools or materials on top of a ladder, never try to rock a ladder to move it. Persons using ladders shall face the ladder and have both hands free for climbing and descending a rope may be used to lift materials after climbing. [56.11011](#)

- **Good Housekeeping** is a prerequisite for safe conditions. All areas around mine equipment particularly those areas around drives, walkways, safety devices, and control stations should be kept free of debris or any other obstacles. Any posted warning signs or instructions should be kept current. [56.20003](#)

Fatalgrams: [46.7](#); [56.1101](#); [.11004](#); [.12016](#); [.12017](#); [.14100](#); [.14205](#); [.14211](#); [.15002](#); [.15005](#); [.20003](#).

Attendees: