



Risky Business – Finish the Day Safe

Custodians – Portable Ladder

At-Risk Behavior

Using a portable ladder

Why We Care

Custodial staff will have to use portable ladders to perform work.

What Am I About To Do?

- Using a portable ladder to clean windows, replace lights, hang materials, etc.

How Could I Get Hurt?

- You could overextend your body outside the ladders from.
- You could position the ladder on an uneven surface.
- You could not use three points of contact when ascending/descending the ladder.
- You could not have a spotter to hold the ladder.
- You could not have an extension ladder positioned at least 3 ft. above the landing or step off area.
- You could not have the extension at the correct angle (4:1). *For every 4 ft. up the base should be 1 ft. from structure*.

What Am I Going To Do To Prevent Injury?

- Always inspect ladders before use.
- Always use the correct type of ladder.
- Use three points of contact ascending/descending ladders.
- Keep your “belt buckle” within the side rails of the ladder while working.
- Properly set up the straight ladder using the 4:1 horizontal to vertical ratio.
- Always use a spotter to hold the ladder.

Discussion Points

- When do we need to use our portable ladders?
- What type of ladders do we use for various tasks?
- How is the use of a step ladder different from an extension ladder?
- How often should we inspect our ladders?
- What different types of ladder do we have on-site?
- When should each ladder be used?



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