

Choose the Right Step Ladder

A **step ladder** is the best choice when:

- a stable support at top of ladder is not available
- tasks require significant time on the ladder
- a level surface is available for all four feet of ladder
- the job does **NOT** require stepping off the ladder to access another level

Ladder Height

Ladder Height	Maximum Reach*
4'	8'
6'	10'
8'	12'
10'	14'
12'	16'
14'	18'
16'	20'

* Assumes a 5'6" person with a 12" reach

Ladder Composition

Feature	Fiberglass	Aluminum
Safe(r) near electricity	✓	⊘
Extreme temperatures	✓	✓
Won't dent, shatter, rust, corrode	✓	✓
High-visibility color	✓	⊘
Lightweight	⊘	✓

Ladder footings

Choose a ladder with the appropriate footings for the job, such as anti-slip safety shoes, spurs, or spikes.



Weight limit

Do not exceed the ladder weight rating, found on the sticker on the side of the ladder. This includes:

Your body weight



Weight of your clothes and PPE



Weight of tools and supplies

Inspection Checklist: Step Ladders

- Inspect your ladder **every** time you use it.
- If the answer to any of these questions is yes, do **NOT** use the ladder until problem is fixed!

<p>Steps</p> <p>Are any steps loose, cracked, bent or missing?</p> <p>Is there dirt, oil, or other material on steps?</p>	<p>Yes</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p>No</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
<p>Rails</p> <p>Are rail shields cracked, bent, split or frayed?</p> <p>Are labels missing or not readable?</p>	<p>Yes</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p>No</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
<p>Shelf</p> <p>Is the shelf loose, bent, missing or broken?</p>	<p>Yes</p> <p><input type="checkbox"/></p>	<p>No</p> <p><input type="checkbox"/></p>
<p>Top/Cap</p> <p>Is the top/cap cracked, loose or missing?</p>	<p>Yes</p> <p><input type="checkbox"/></p>	<p>No</p> <p><input type="checkbox"/></p>
<p>Spreader/Spreader Lock</p> <p>Is the spreader loose, bent or broken?</p> <p>Is the spreader lock loose, bent or non-functional?</p>	<p>Yes</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p>No</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
<p>Ladder Feet</p> <p>Are the slip-resistant grips worn, broken or missing?</p>	<p>Yes</p> <p><input type="checkbox"/></p>	<p>No</p> <p><input type="checkbox"/></p>
<p>General</p> <p>Is there any rust or corrosion on the ladder?</p> <p>Are there any loose or damaged rivets or screws?</p> <p>Are the braces loose, bent, missing or broken?</p> <p>Does the ladder feel unstable or wobbly?</p>	<p>Yes</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>	<p>No</p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>

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