

LivSafe is a conscious safety initiative of Liberty General Insurance Limited to help people live safer, secure lives through an education series of proactive and preventative suggestions in the safety arena. This document does not purport to promote any product, directly, or indirectly.

### Overview

Ladders are one of the most common and easily accessible tools to be used in many industries. Whether you work in construction, agriculture, or are just performing household work, you will likely use a ladder at some point. Although ladders are readily available, improper use can result in serious accidents.

We at Liberty General Insurance limited understand the importance of proper handling of ladder for preventing accidents; and intend to suggest some useful measures to augment the same. We sincerely hope that the measures suggested in this document will help follow better practices when it comes to safe handling and usage of ladders.

Every year, thousands of workers across all industries are injured because of improper ladder use. In addition, the severity of such injuries results in business interruption.



### Case Study

A worker used ladder to check wall mounted AC which was installed at approx 8 feet height. One helper was standing on ground level holding ladder. While examining, worker slipped from ladder and fell down, the worker suffered minor injury. However, helper faced a major cut on his forehead from the metal tool, which he was holding.



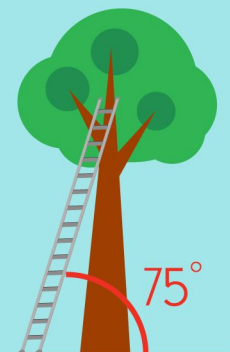
### General Tips

Some common causes of ladder incidents include:

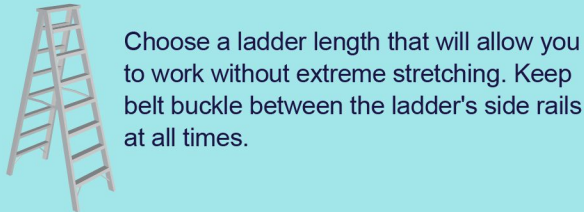
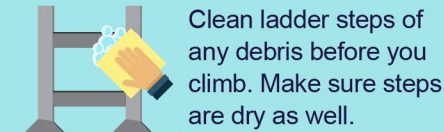
- Mounting or dismounting the ladder improperly
- Loss of balance
- Over-reaching
- Mis-stepping
- Carrying materials while ascending or descending the ladder

Businesses can do their part in reducing ladder injuries by implementing a ladder safety program, consistently engaging with their employees, and reminding them to keep the following tips in mind:

- Determine if there is an alternative method available to complete the task instead of using a ladder.
- Use the correct ladder for each specific job.
- Inspect the surrounding work area for hazards before setting up the ladder.
- Set up the ladder using the OSHA-recommended 75.5° angle, or use a 4:1 ratio.
- Keep in mind each individual's limitations when performing work on a ladder.



Good decision making techniques play a big part in incident prevention. By following safe work practices and providing training to employees, injuries that are a result of ladder incidents will continuously decrease. Some safety rules that can be used for individuals who use ladders include:



## General Safety Precautions

These general guidelines shall be followed on every job site, with respect to the use of ladders:

- Read the manufacturer's recommendations and warnings; understand them and use them to get the best use out of the tool.
- Identify and document the critical behaviors for safety for each ladder used on site.
- Orient (familiarize and observe training of) workers with the ladders.
- Be sure to check that ladders and stairways are in working order and have documented maintenance checks on ladders and stairways regularly.
- Wear slip-resistant shoes.
- When the employee is working at a height greater than six feet, 100% fall protection is required.
- Ladders are to be used only on stable and level surfaces unless they are otherwise secured to prevent accidental movement.
- Secure ladders (particularly in high-traffic areas) to prevent displacement.
- The areas around the tops and bottoms of all ladders are kept clear.
- Non-self-supporting ladders are placed with equal support on the two rails, unless a single support attachment is properly utilized.
- Ladders are never moved, shifted or extended when they are occupied.
- Never stand on the top or top step of a stepladder or the top four rungs of an extension ladder.
- Climbing on the cross-bracing of the rear section of a stepladder is prohibited (unless it is designed for that use).
- Have a competent person visually inspect ladders periodically, as well as after any incident that could affect their safe use.
- Only use ladders that are free from defects, such as uneven rungs, grease or structural damage.
- Defective ladders should be tagged and/or marked with appropriate warnings, i.e. "Do Not Use."
- Repaired ladders must meet their original design criteria before they can be returned to use.
- Do not use ladders with metallic components around electrical work and power lines.

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