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### Title Page

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Client / Site

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Location

Conducted on

Prepared by

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To prevent falls from ladders, make sure your have the following controls in place:

Use only ladders that are in good condition and designed to handle the climbing job that needs to be done.

Train employees on proper ladder use.

Make proper ladder use a performance requirement for the job.

Require employees to complete a ladder inspection before each use.

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## Criteria for Ladder Purchase and Care

Check regulatory standards for the type of ladder you are using.

✓  ✘  N/A

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Use only approved ladders.

✓  ✘  N/A

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Protect wood ladders with a clear sealer, such as varnish, shellac, linseed oil or wood preservative because paint can hide defects.

✓  ✘  N/A

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## Ladder Usage

Be sure step ladders are fully open and locked before climbing them.

✓  ✘  N/A

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Place ladder on a flat, secure surface.

✓  ✘  N/A

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Place ladder on a hard surface as it will sink into a soft surface.

✓  ✘  N/A

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Place ladder on non-movable base.

✓  ✘  N/A

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Lean ladder against a secure surface, not boxes or barrels.

✓  ✘  N/A

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Do not place ladder in front of a door.

✓  ✘  N/A

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Position base of ladder one foot away for every four feet of height to where it rests (1:4 ratio).

✓  ✘  N/A

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Ladder rails should extend at least three feet above top landing.

✓  ✘  N/A

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Check shoes to ensure they are free of grease or mud.

✓  ✘  N/A

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Mount the ladder from the center, not from the side.

✓  ✘  N/A

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Face ladder when ascending or descending, and hold on with both hands.

✓  ✘  N/A

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Carry tools in pockets, in a bag attached to a belt, or raised and lowered by rope.

✓  ✘  N/A

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Don't climb higher than the third rung from the top.

✓  ✘  N/A

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Work facing the ladder.

✓  ✘  N/A

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Do not overreach, always keep your torso between the ladder rails.

✓  ✘  N/A

When using ladder for high places, securely lash or fasten the ladder to prevent slipping.

✓  ✘  N/A

Avoid outdoor ladder use on windy days.

✓  ✘  N/A

Avoid aluminum ladders if work must be done around electrical wires or power lines.

✓  ✘  N/A

**Recommendations**

List recommendations here

**Completion**

Full Name and Signature of Inspector



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