

Ladder Safety Checklist

General Requirements	Yes	No	N/A	Comments
1. Are you using only ladders that are in good condition and designed to handle the climbing job to be done?				
2. Have employees been trained on proper ladder use?				
Criterion for Ladder Purchase and Care	Yes	No	N/A	Comments
3. Have you checked the OSHA standards for the type of ladder in use?				
4. Is ladder placed on a flat, non-movable surface?				
5. Is ladder placed on a hard, non-permeable surface?				
6. Has ladder been leaned against a secure surface? (not boxes or barrels)				
7. Is ladder placed in an unsafe location, such as in front of a door?				
8. Has ladder been placed one foot away for every four feet of height? (4:1 ratio)				
9. Are the ladder rails extended at least three feet above top landing?				
10. Are the climber's shoes free of mud, grease, or slippery substances?				
11. Is the climber mounting the ladder from the front and not the side?				
12. Is the climber facing the ladder when ascending/descending and holding on with both hands?				
13. Are tools carried in pockets, in a bag attached to a belt, or raised and lowered by a rope?				
14. Is the user climbing higher than the third rung from the top of the ladder?				
15. Is work done while the climber is facing the ladder?				
16. Is the climber keeping his/her torso between the ladder rails? (not overreaching)				



17. If working in a high place, is the ladder securely attached or fastened to prevent slipping?				
18. Is the ladder used outside on a windy day?				
19. Is an aluminum ladder used around electrical wires or power lines?				

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