



GENERAL

In accordance with OSHA 29 CFR 1910.21-30, workplaces are to be maintained and kept accessible. The following details some of the general safety requirements:

- All places of employment, passageways, storerooms, and service rooms shall be kept clean, orderly, and in a sanitary condition
- Floors will be maintained, cleaned, dried and in good condition
- There will be no obstructions or protrusions from the surface
- All floor and wall openings or any place where there is a falling object hazard will be appropriately guarded and signed
- All portable ladders will meet ANSI standards and be maintained in good condition
- Damaged ladders will be properly repaired before use or destroyed to prevent use

For more information on this subject go to:

<https://www.ecfr.gov/cgi-bin/text-idx?SID=21acc1eed52b62025adabdf33377aa80&mc=true&node=pt29.5.1910&rgn=div5#sp29.5.1910.d>

LADDERS

The following points summarize many of OSHA'S regulations for ladders and can serve as guidelines for ladder use.

- Do not build makeshift ladders out of chairs, benches or boxes. If the job calls for a ladder take time to find one
- Make sure there is only one person on a ladder at a time, unless the ladder is designed for two
- Check the condition of the ladder before use. Do not use a ladder with broken or cracked rails or rungs or rungs made slippery by grease or oil. The ladder should have good safety feet.
- Do not place a ladder on boxes or blocks to make it taller
- Face front and use both hands as you climb



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- Do not overreach from a ladder. If your waist reaches past the uprights you have gone too far
 - Set ladders up properly by using the 4 to 1 rule. The distance from the wall to the base of the ladder should be one-fourth the distance from the base of the ladder to where it touches the wall
 - Hoist tools or materials up to you after you reach the top so both hands are free for climbing
 - Do not stand on top of a stepladder or get too close to the top of an extension ladder
 - Any portable ladder being used to gain access to an upper level such as a roof, must extend at least three feet beyond that level

For more information on ladders, check the OSHA regulations, which can be found at 29CFR and 26:

https://www.ecfr.gov/cgi-bin/text-idx?SID=aa9eac78bf0bc723a1d68a73c4b08777&mc=true&node=pt29.5.1910&rgn=div5#se29.5.1910_123

SCAFFOLDS

Working surfaces include scaffolding. Keep both feet firmly on the scaffold with apply these safety precautions:

- Make sure scaffolds are sturdy. Check them daily for any safety defects. Always clear work surfaces of snow, ice or slippery materials. Sand wet planking for sure footing.
- Never overload scaffolds with people, equipment or supplies. Lock casters on mobile scaffolding to prevent movement when working. Use ladder jack scaffolds only for light duty work. Fall and climbing protection devices prevent injury in the event of an accidental slip, trip, or fall on ladders or scaffolding

For more OSHA information on scaffolds please go to:

https://www.ecfr.gov/cgi-bin/text-idx?SID=aa9eac78bf0bc723a1d68a73c4b08777&mc=true&node=pt29.5.1910&rgn=div5#se29.5.1910_123

For much more information and the official University of Arizona documentation on this subject, please go to:

<https://risk.arizona.edu/occupational-safety/other-safety-information>