Job hazard analysis (JHA): Ladder use

Task: Ladder use	**Site or job:**
Crew:	**Date:**
Supervisor:	

No.	Job step	Hazard	Controls (most effective first)
1	Decide if a ladder is the right tool	Ladder is not suited to the job or the load	**Eliminate:** Bring the work down to the ground, or use a pre-assembled platform, so nobody has to climb. **Substitute:** Use a scaffold, scissor lift or stair tower when the job needs two hands, heavy tools or long time at height. **Administrative control:** Match the ladder type and duty rating to the person plus tools and materials, and do not exceed it. (29 CFR 1926.1053(b)(3)) **Administrative control:** Use a ladder only for the purpose it was designed for. (29 CFR 1926.1053(b)(4))
2	Decide if a ladder is the right tool	Ladder or person could touch energized equipment	**Eliminate:** De-energize and lock out nearby circuits before the ladder goes up. **Engineering control:** Choose a ladder with nonconductive side rails whenever contact with exposed energized equipment is possible. (29 CFR 1926.1053(b)(12))
3	Inspect the ladder before use	Damaged rail, rung, step or foot gives way	**Eliminate:** Pull any ladder with a structural defect from service and replace it with a sound one. (29 CFR 1926.1053(b)(16)) **Administrative control:** Have a competent person inspect ladders for visible defects periodically and after any event that could affect safe use. As good practice, also check your own ladder before each climb. (29 CFR 1926.1053(b)(15)) **Administrative control:** Tag or mark defective ladders so nobody picks them up by mistake. (29 CFR 1926.1053(b)(16))
4	Inspect the ladder before use	Oil, grease or mud on rungs causes a slip	**Administrative control:** Wipe the ladder clean and keep it free of oil, grease and other slipping hazards. (29 CFR 1926.1053(b)(2)) **PPE:** Wear dry, clean work boots with good tread.

No.	Job step	Hazard	Controls (most effective first)
5	Position and set the ladder	Base slides out or ladder is too steep or too shallow	**Engineering control:** Set a non-self-supporting ladder so the foot is about one-quarter of the working length from the top support. (29 CFR 1926.1053(b)(5)(i)) **Engineering control:** Place the ladder on a stable, level surface, or secure it so it cannot move. (29 CFR 1926.1053(b)(6)) **Engineering control:** On slippery surfaces, secure the ladder or use slip-resistant feet. The feet are not a substitute for care in placing, lashing or holding the ladder. (29 CFR 1926.1053(b)(7)) **Administrative control:** Have a second person foot the ladder when ground conditions are poor, as good practice.
6	Position and set the ladder	Ladder is struck by a door, vehicle or worker	**Engineering control:** Secure ladders that sit in passageways, doorways or driveways, or put up a barricade. (29 CFR 1926.1053(b)(8)) **Administrative control:** Keep the area at the top and the bottom of the ladder clear. (29 CFR 1926.1053(b)(9)) **Administrative control:** Lock or guard the door and post a sign when the ladder is near a doorway.
7	Tie off and extend above the landing	Ladder shifts at the top or too short to step off safely	**Engineering control:** Extend the side rails at least 3 feet above the upper landing. If the ladder is too short for that, secure the top to a rigid support and provide a grab rail. (29 CFR 1926.1053(b)(1)) **Engineering control:** Rest both rails evenly on the support, unless the ladder has a single support attachment. (29 CFR 1926.1053(b)(10)) **Engineering control:** Tie the top of the ladder to the structure when stepping on or off a roof edge or landing.
8	Climb up and down	Loss of balance while climbing	**Administrative control:** Face the ladder going up and down. (29 CFR 1926.1053(b)(20)) **Administrative control:** Keep at least one hand on the ladder while you climb. (29 CFR 1926.1053(b)(21)) **Administrative control:** Do not carry anything that could make you lose your balance. Hoist tools with a hand line or tool belt. (29 CFR 1926.1053(b)(22)) **PPE:** Wear boots that are clean and in good shape.
9	Work from the ladder	Overreach or standing on the wrong step	**Eliminate:** Climb down and move the ladder instead of leaning out. Keep your belt buckle between the rails. **Administrative control:** Never use the top or top step of a stepladder as a step. (29 CFR 1926.1053(b)(13)) **Administrative control:** Do not climb on the cross-bracing of the back section unless the ladder is built with steps on both sides. (29 CFR 1926.1053(b)(14)) **Administrative control:** Do not move, shift or extend the ladder while someone is on it. (29 CFR 1926.1053(b)(11))

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10	Work from the ladder	Stepladder closes or folds	**Engineering control:** Lock the spreader or locking device fully open before climbing. (29 CFR 1926.1053(a)(8)) **Administrative control:** Check that all four feet sit flat and that nobody climbs the rear section.
11	Move, store and tag out	Damaged ladder goes back into service	**Administrative control:** Repair a damaged ladder only so it meets its original design criteria before it goes back into use. (29 CFR 1926.1053(b)(18)) **Administrative control:** Store ladders where they will not be crushed, bent or left in the weather.

Required PPE

- Hard hat when overhead work or falling objects are possible
- Slip-resistant work boots
- Work gloves for hoisting and carrying
- Safety glasses for overhead work

OSHA sections

29 CFR 1926.1053 Ladders; 29 CFR 1926.1060 Training requirements; 29 CFR 1926.21 Safety training and education

Reviewed with the crew. Names and signatures

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