

# MIOSHA Fact Sheet

## Ladder Safety



The use of ladders is an integral part of the construction industry. The safe use and training of ladders is an imperative part of providing a safe workplace for everyone. Below are a few key points in the safe use and training of Construction Safety and Health Standard Part 11 Fixed and Portable Ladders. It is vital that employers train their employees in the proper use and set up of ladders and provide them with the right ladders to do the work safely. Construction Safety and Health Standard [Part 11. Fixed and Portable Ladders](#), Rule 1112(1) states:

"The employer shall provide a training program for each employee who uses a ladder. The program shall enable each employee to recognize hazards related to the ladder and shall train each employee in the procedures to be followed to minimize these hazards." Training shall include:

- (a) The nature of fall hazards in the work area.
- (b) The correct procedures for erecting, maintaining, and disassembling the fall protection systems to be used.
- (c) The proper construction, use, and placement of, and care in handling ladders.
- (d) The maximum intended load-carrying capacities of ladders that are used.

### **Key safety points when using portable ladders:**

- Always select the correct ladder for the work being performed. Ensure the ladder is only used for its intended purpose. Follow the manufacturer's instructions.
- Place the ladder on a substantial and stable base unless secured to prevent accidental displacement.
- A portable ladder must be equipped with appropriate safety feet unless the ladder is secured against displacement.
- A portable extension ladder shall be set up so the horizontal distance from the top support to the base is  $\frac{1}{4}$  of the vertical distance.
- Ensure the ladder is kept clear of energized electrical lines. The minimum distance for metal ladders is 20 feet. Minimum distance for other than metal is 10 feet for up to 50kV and 0.4 inches per kV thereafter.
- Face the ladder while ascending or descending.
- Always center your body between the ladder rungs. Do not overreach.
- Make sure the ladder is extended at least three feet above an upper landing surface.
- Never stand on the cap or top step of a step ladder.
- Do not stand on the top two rungs of an extension ladder.
- Keep ladders clear of unlocked doorways.
- A manufactured portable metal ladder shall not be used for electrical work or where it is exposed to contact with electrical conductors.
- A step ladder shall not be used as a straight ladder by leaning it against a wall or other support.
- Do not use ladders in high winds or storms.

For additional assistance, please contact the Construction Safety and Health Division at 517-284-7680 or the Consultation Education and Training Division at 517- 284-7720. Construction Safety and Health Standards can be viewed on the MIOSHA website at [www.michigan.gov/mioshastandards](http://www.michigan.gov/mioshastandards).

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