



## Fall Protection

Susan Harwood Grant Training Program  
2019

# Scaffolds, Ladders and Lifts



# Learning Objectives

- Understand general requirements for the safe use of scaffolds
- Understand how to maintain a safe position while using ladders
- Understand how to properly set up ladders
- Identify the OSHA fall protection requirements while using aerial lifts



**A little  
planning  
could have  
prevented  
this.**





# Access

- No access by the cross braces.
- The bottom rung cannot be more than 24" above the lower level.
- You must use a ladder or frames designed to be used as ladders.





# Proper Access



Ladder Platform



Stairway Frame



Ladder Frame

Ladder tied into scaffold





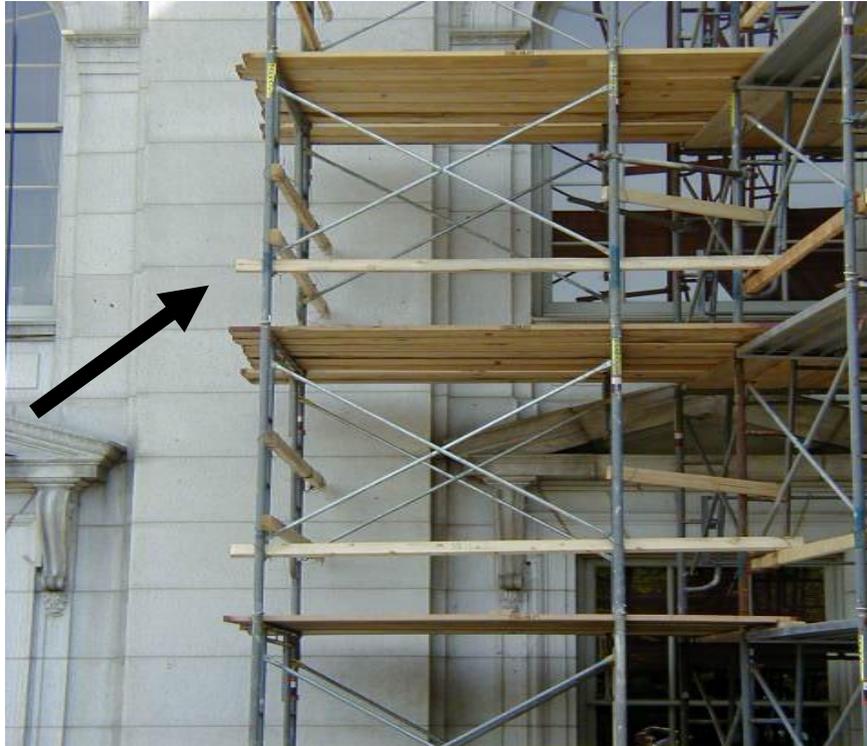
# Scaffold Guardrails

- Guardrails are required on a scaffold more than 10 feet above a lower level.
- Best practice is at top of the first level.
- You must have a mid rail.





# Braces as Guardrails



- The guardrails are in compliance using a 2x4 as one rail and the brace as the other rail.



# Baker-Type Scaffolds

- Baker scaffolds can be unstable.
- Never use a double stack without outriggers.
- All wheels should be locked each and every time the scaffold is stopped.

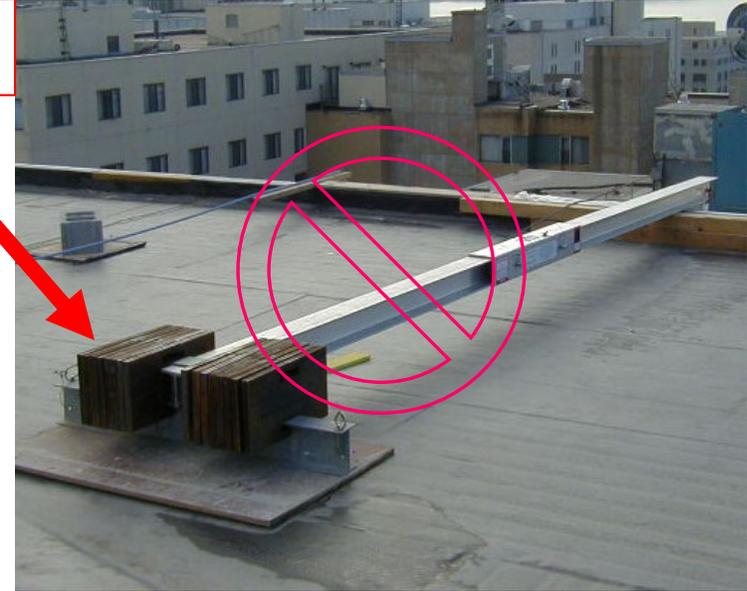




# Suspended Scaffolds

- Outriggers must be properly set and have safety tie-backs
- Workers must have independent lifelines
- Inside protection must be provided if scaffold is more than 14" from the wall structure.

**No tie-back**





# Improper Ladder Uses





# Don't Lean a Step Ladder

- The step ladder is not designed to be leaned.
- The angle of the steps is not level when set at 4:1.
- The support leg can contact the ground causing the step leg to kick out.





# Do Not Stand On The Top Step or Next to the Top Step!



**Obey the Labels!!**



**NO!**



# Working From a Straight Ladder

- Always face the ladder.
- Keep one hand on the ladder for hold.
- Do not work on top four steps.
- Work within easy reach.





# Set The Proper Angle

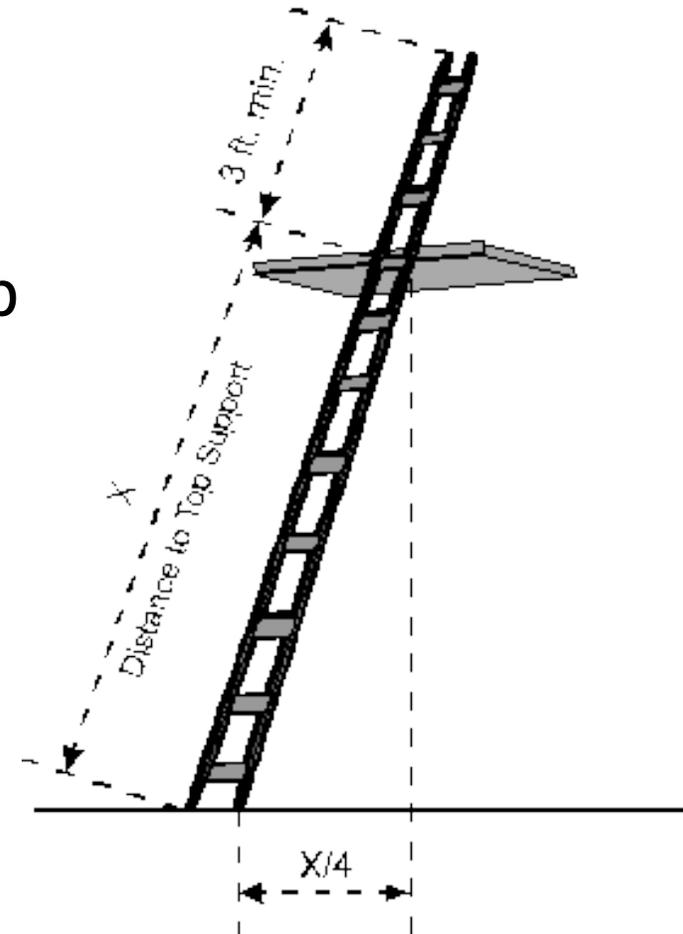
- The distance from the bottom of the ladder to the wall should be one-fourth of the ladder's working height.
- An extended arm will be close.





# Proper Access Ladders

- Ladders must be secured
- Access ways must be guarded
- Ladders must extend 3' above the landing surface, or an adequate grab rail must be provided





# Ladder Access Ways

- Offset guardrails are recommended
- Watch for tripping hazards at tops of ladders and stairs





# Vertical Ladder Climbing

- High vertical ladders should be equipped with ladder climber devices.
- Ladder cages are required after a ladder reaches 24 feet if ladder climber devices are not utilized.





# Fall Protection in Lifts

## Aerial Boom Lift



**Harnesses and Tie-off required.**

## Scissors Lift



**No tie-off required unless worker gets off the floor**

*Always close lift platform chains or doors.  
Do not climb on, stand or lean over guardrails.*



# No Standing On Guard Rails

- Do not stand on or work from the guardrails.





# Aerial Boom Lifts

- Workers in aerial boom lifts must wear harnessed and be tied off to appropriate anchors.
- Tie-off should be set so that the worker cannot be ejected from the basket.
- Workers may never stand on the guardrails of an aerial lift.

