



Fixed Ladder Fall Protection Guide

Using ladders as a means of access or working location can present significant fall risk, and updated OSHA requirements for ladders (OSHA 1910.28 and .29) are changing the needs. Is your team prepared to provide and use ladders in a safe and compliant way?

Options to Address Fall Risk

1

MODIFY EXISTING

Make modifications to existing ladders to achieve compliance and to improve both safety and productivity.

2

REPLACE LADDER

If a ladder is in poor condition or is non-compliant, it is safer and more cost effective to replace an existing ladder with a new model.

3

SWITCH MEANS OF ACCESS

Engineering controls provide safer access and increased productivity.

4

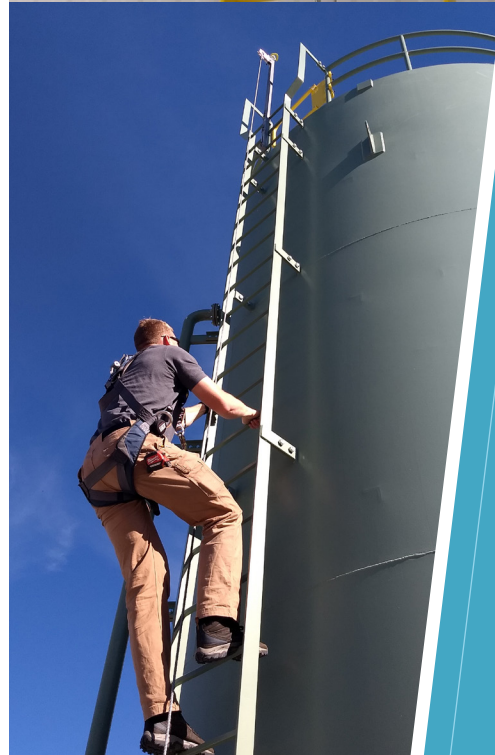
INSTALL A LADDER FALL PROTECTION SYSTEM

If a ladder is more than 24 feet long or exhibits other safety concerns, adding a ladder climbing system reduces risk.

SPECIAL OFFER:

Stop by booth #613 with this sheet for a special travel item

**While supplies last*



FALL PROTECTION
SAFETY



Fixed Ladder Self-Assessment

	CONSIDERATIONS	NOTES
1	Is a ladder the right solution?	By replacing ladders with stair access and catwalks, workers no longer need to ascend and descend ladders, which minimizes risk and increases productivity.
2	Is the ladder compliant with OSHA requirements?	Review Duty to Provide Fall Protection (OSHA 1910.28) and General Industry Requirements - Ladders (OSHA 1910.29) to evaluate compliance.
3	Does the ladder extend more than 24 feet (7.3 m) above a lower level?	All fixed ladders of this length or greater must be equipped with a personal fall arrest system or a ladder safety system by 2036 . The more ladders you have, the earlier you need to plan for this requirement.
LADDER FALL PROTECTION SYSTEMS		
4	Can you ensure 100% continuous fall protection?	How do personnel transition to and from the ladder? Is required step through distance provided? Is system centered on a compliant 24-inch step through safe? Can all my personnel fit through a less than 12-inch gap? Can they system maintain fall protection while at the top of the ladder? When do workers have to detach?
5	Is the structure to which the ladder is attached capable of supporting fall arrest?	Get documentation from a structural engineer
6	Is the ladder to which it is attached capable of supporting fall arrest?	Ensure load requirements are received from system manufacturer and a structural engineer has confirmed ladder capacity.

Expert Assistance

The LJB Safety team has the expertise and experience to help reduce fall risk for work at height.

- Ladder inspections
- Sitewide ladder and walking-working surface risk assessments
- Structural evaluations
- Ladder system and engineering control design
- System installation



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