

OSHA LADDER REQUIREMENTS

Quick Reference | 29 CFR 1926.1053 & 1910.23

GENERAL REQUIREMENTS

- Ladders must support at least 4x the maximum intended load
- Rungs/steps spaced 10-14 inches apart (uniform)
- Minimum 11.5-inch clear width between side rails
- Non-conductive side rails required near electrical hazards
- No structural defects: broken rungs, split rails, corrosion

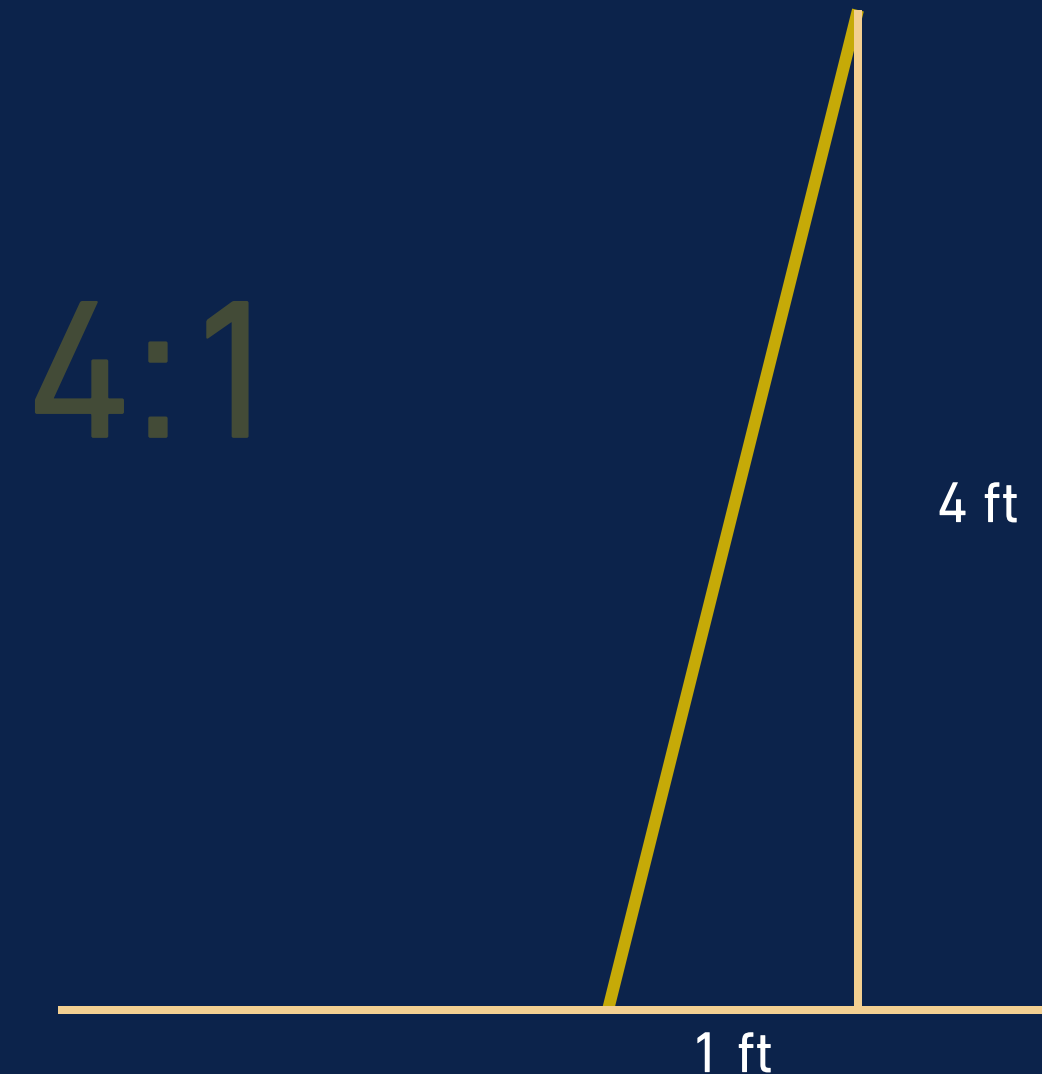
USE REQUIREMENTS

- Extend 3 feet above landing surface (or provide grab rails)
- Secure top and bottom to prevent displacement
- Only one person on a ladder at a time (unless designed for more)
- Face the ladder when climbing or descending
- Maintain 3-point contact at all times
- Do not carry objects that prevent safe grip
- Do not use on slippery surfaces unless secured/stabilized
- Remove damaged ladders from service immediately

**3-POINT
CONTACT
ALWAYS**

Two hands + one foot
or two feet + one hand

THE 4-TO-1 RULE



For every 4 feet of height, move the
base 1 foot away from the wall.

OSHA LADDER REQUIREMENTS

Quick Reference | Page 2: Ladder Types & Training

EXTENSION & STRAIGHT LADDERS

- Extend at least 3 ft above the upper landing surface
- Non-self-supporting - must lean against stable structure
- Set up at proper 4:1 angle (75.5 degrees)
- Secure at top, bottom, or both to prevent slipping
- Do not splice short ladders together to make longer ones
- Maximum length: 60 ft (two-section), 72 ft (over two-section)
- Overlap: 3 ft (up to 36 ft), 4 ft (36-48 ft), 5 ft (48-60 ft)

STEPLADDERS

- Self-supporting - do NOT lean against a wall
- Never stand on the top cap or top step
- Open fully and lock spreaders before use
- Maximum length: 20 ft
- Cross-bracing on rear shall not be used for climbing
- Do not use in the closed/folded position

TRAINING REQUIREMENTS

- Train each employee to recognize fall hazards
- Proper construction, use, placement, and care of ladders
- Retrain when deficiencies observed or changes occur
- Training by a competent person

**DO NOT
STAND HERE**

Top two steps of a stepladder
are off-limits for standing.

