**This AHA is provided as an example of content to consider during development of project-specific AHAs for like activities**

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| **Activity**: Use of ladders following OSHA 1926.1053  |

| **HAZARDS** |
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| *JOB STEP* | *HAZARDS* | *ACTIONS TO ELIMINATE OR MINIMIZE**EACH HAZARD* |
| Ladder use  | Injuries  | Inspect work area and utilize to right height and capacity ladder for the task. Inspect the ladder for damage, if damage remove from service by tagging the ladder out of service. |
| Slip trip, fall, pinch points during set up | Place the ladder in a clean level work area. Do not force ladder into place. When relocating or placing ladder on the jobsite, get assistance when needed. Be aware of pinch points created by spreaders. |
| Electrocution | No metal ladders. Be aware of live electrical equipment in work area. Do not set up near un-guarded electrical equipment.without setting barricades or utilizing a spotter. |
| Falls  | Maintain 3 points of contact at all times. Do not carry materials up or down from ladders, have a rope available to lift or lower materials or tools as needed. Step ladders to be fully extended open.Make sure that the ladder extends 3’ above the landing area for the access ladder and that the ladder is secured from movement.Do not stand on the top or top step of ladder. Keep belt buckle inside the rails of ladder at all times. Do not straddle ladder, do not stand backwards on ladder, do not sit on ladder. Have coworker stabilize ladder if needed. Maintain 3 points of contact. Never lean step ladder against anything, always open ladder as designed and make sure spreaders are locked.Do not over extend yourself while working on ladder, do not overload the rated capacity of the ladder.Do not set up in high traffic area or in a door swing radius without setting barricades or utilizing a spotter. |
| Tripping hazards | Check existing physical hazards in the work area on the ladderMaintain housekeeping in the areas at the top and bottom access points of the ladder at all times. |