



Company Name: _____ Job Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Topic 477: Trestle Ladders

Introduction: There are many different types of ladders, each designed for a specific purpose. A trestle ladder is a stand alone, self supported ladder. Some trestle ladders are adjustable in length, consisting of a trestle ladder base, and a vertically adjustable extension section with locking devices. This type of ladder is often needed where there are no structures nearby to support the top of a conventional extension ladder, or when the structure is not strong enough to support the top of a conventional extension ladder. Selecting the correct ladder for the job you are performing is an important safety consideration. Always select the correct ladder for each job.

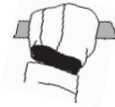
Following are safety guidelines for the safe use of trestle ladders:

- **Never** tie or fasten two sections of a ladder together unless they are designed for that purpose.
- **Choose** a ladder that is long enough for the job. Fall possibilities increase if the ladder is not long enough.
- **Inspect** the ladder for damage and cleanliness before use. Damaged ladders must be marked as defective and removed from service.
- **Always** move the ladder into the correct position near the work area. Safely reaching the work will reduce the risk of a fall.
- **Angle** the ladder properly before climbing up so work can be reached comfortably. Find a safe position to do the work.
- **When** placing the ladder in front of a doorway, barricades must be used to keep traffic away from the ladder.
- **Never** place the ladder on top of boxes, tables, trucks, or other moveable objects. Always place the ladder on a stable surface.
- **On all extension trestle ladders**, the single extension section must lap at least three feet into the base section.
- **Do not** work on ladders in exposed areas during severe weather or strong wind. Avoid the risk of lightning strikes.
- **Clean** ice or snow off of the ladder before attempting to climb up or down.
- **Grasp** the ladder with both hands when ascending or descending.
- **Do not** carry any object, or load that will prevent the free use of both hands.
- **Avoid** climbing up or down the ladder when shoes or hands are slippery.
- **Check for** electrical sources near the area where the ladder will be set up.
- **Overloading** the ladder may cause failure of the side rails and injury. Use a rope or string line to lift tools safely into place.
- **Always** spread the base section 5 ½ inches for every foot of working length, measured from the lower inside of the side rails.
- **Face** the ladder at all times when ascending, descending, or performing work.
- **Never climb** the vertical portion of an extension trestle ladder. Always lock the vertical section before climbing begins.



Job made trestle ladders are necessary under some circumstances. Employees are required to make these ladders with the correct dimensions for safe use. Following are safety guidelines for job made trestle ladders:

- **Trestle ladders** must not be more than 20 feet in length.
- **Side rails** 8 to 12 feet long must be made of 1 5/16 x 2 ½ inch beveled lumber.
- **Side rails** 16 to 20 feet long must be made of 1 5/16 x 2 ¾ inch beveled lumber.
- **Steps** on the base section must not be less than 8, and not more than 18 inches wide.
- **Steps** on an extension section must not be less than 6, and not more than 12 inches wide.
- **The total length** of the base section must not be longer than 20 feet.
- **Total length** of an extension section must not be over 20 feet long.
- **Wood ladders** must never be painted or coated in any opaque material. Coatings may cover cracks and other defects.



Personal protective equipment (PPE): Always use the correct PPE when using a trestle ladder on the job site.

- Hard Hat
- Safety Glasses
- Cover-All Clothing
- Safety Gloves
- Non-Slip Boots
- Tool Belt

Conclusion: Employees falling from ladders account for most of the injuries resulting from improper ladder selection, improper ladder set-up, or unsafe work practices. Always set the ladder up correctly, and choose the correct ladder for the job. Utilize these safety guidelines for the safe use of trestle ladders.

Work Site Review

Work-Site Hazards and Safety Suggestions: _____

Personnel Safety Violations: _____

Employee Signatures:

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)

Foreman/Supervisor's Signature: _____

These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.