



# WEEKLY SAFETY TALK #9: TAILGATE DISCUSSION GUIDE

## Ladder Safety Rules: Portable Ladders, Fixed Ladders, and the Step Onto the Roof

Foreman: work through these with the crew on site. Point at the actual roof, the actual gear. Then run the quick check and sign off.

### TALK IT THROUGH (10 MINUTES, ON THE JOB SITE)

**1 Does OSHA require a harness while you climb or work from an extension ladder?**

Prompt: No. OSHA confirmed it in a January 13, 2000 letter. The rules are about setup and the climb: 4-to-1 angle, 3 feet above the landing, face the ladder with a hand on it (29 CFR 1926.1053(b)).

**2 What is the 4-to-1 rule, and how do you check it in the field?**

Prompt: The base sits out about one-quarter of the working length, foot to top support (1926.1053(b)(5)(i)). Field check: toes at the ladder's feet, arms straight out, palms on a rung.

**3 When the ladder is your access to the roof, how far must the rails reach past the edge?**

Prompt: At least 3 feet above the upper landing (1926.1053(b)(1)). Too short? Secure the top to a rigid support and provide a grab device. Those rails are the handholds for the step onto the roof.

**4 What is three-point contact, and where does OSHA write it?**

Prompt: Two hands and a foot, or two feet and a hand, on the ladder at all times. Face the ladder (b)(20), one hand grasping it (b)(21), nothing in your hands that could throw you off balance (b)(22).

**5 When does a fixed ladder require fall protection, and what changes in 2036?**

Prompt: Construction: a climb of 24 ft or more (1926.1053(a)(19)). General industry: over 24 ft, a personal fall arrest or ladder safety system on ladders since Nov 19, 2018, and on all of them by Nov 18, 2036.

### QUICK CHECK: CIRCLE THE ANSWERS AS A CREW

- A. Can you tie a lanyard off to the rung of a portable ladder?    Yes    Only above 24 ft    No
- B. Side rails above the landing when the ladder is your access:    1 ft    3 ft    6 ft
- C. A 24-ft extension ladder reaches about:    24 ft    21 ft    28 ft

### CREW SIGN-OFF (29 CFR 1926.503(b) requires written training certification)

| NAME (PRINT) | SIGNATURE | DATE |
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Foreman / competent person: \_\_\_\_\_ Job site: \_\_\_\_\_ Date: \_\_\_\_\_

Key: A) No; a ladder is not an anchorage (1926.502(d)(15)) B) 3 ft (1926.1053(b)(1)) C) About 21 ft; a 20-ft eave needs a 28-ft ladder  
For information purposes only; all plans must be approved by a Competent or Qualified Person before work begins, as required by OSHA.  
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