

**WAC 296-307-05503 Instructing employees on the use of ladders.**

(1) At the beginning of employment, the employer must provide employees with orientation and training on the proper use of ladders, including how to set a ladder and properly dismount with a full load.

(2) To prevent ladder upset, the employer must instruct employees to avoid overreaching while standing on the ladder.

(3) The employer must instruct employees that before climbing ladders; rungs, shoes, and boots must be clean of substances that would make them hazardous.

(4) Employees must not climb up or down ladders while carrying tools or materials that interfere with the free use of both hands.

(5) Ladders must not be placed on boxes, barrels, or other unstable bases to obtain additional height.

(6) Stepladders must not be used as single ladders.

(7) When working from a ladder over twenty-five feet from the ground or floor, the ladder must be secured at both top and bottom. When work on a ladder over twenty-five feet from the ground or floor requires the use of both hands, a safety belt must be worn and the safety lanyard secured to the ladder.

(8) Portable ladders must be placed so that the side rails have a secure footing. The top rest for portable rung and cleat ladders must be reasonably rigid and strong enough to support the applied load. The top of the ladder must be placed with the two rails supported, unless equipped with a single support attachment. Such an attachment should be substantial and large enough to support the ladder under load.

(9) Ladders carried on vehicles should be adequately supported to avoid sagging and securely fastened in position to minimize chafing and the effects of road shocks.

[Statutory Authority: RCW 49.17.010, 49.17.040, 49.17.050, and 49.17.060. WSR 20-21-091, § 296-307-05503, filed 10/20/20, effective 11/20/20. WSR 97-09-013, recodified as § 296-307-05503, filed 4/7/97, effective 4/7/97. Statutory Authority: RCW 49.17.040, [49.17.]050 and [49.17.]060. WSR 96-22-048, § 296-306A-05503, filed 10/31/96, effective 12/1/96.]