

## *Ladder Policy*

The purpose of the Ladder Policy is to protect employees from hazards associated with fixed ladder installations, and to ensure compliance with New Hampshire Department of Labor Standard 1403.30, Ladders.

### **A. Requirements**

#### Fixed Ladders:

- Rungs shall have a minimum diameter of  $\frac{3}{4}$  inch, if metal, or 1-1/8 inches, if wood.
- Rungs shall be a minimum of 16 inches in length and be spaced uniformly, no more 12 inches apart.
- Cages, wells, or safety devices, such as fall prevention systems for ladders shall be provided on all ladders more than 20 feet in length.
- Landing platforms shall be provided each 30 feet of travel, where cages are provided. Where no cage is provided, landing platforms shall be provided for every 20 feet of travel.
- Tops of cages on fixed ladders shall extend at least 42 inches above top of landing. The bottom of the cage shall be not less than 7 feet, or more than 8 feet above the base of the ladder.
- Side rails shall extend 3-1/2 feet above the landing.

#### Portable Ladders:

- Stepladders shall be equipped with a metal spreader or locking device of sufficient size and strength to securely hold the front and back sections in the open position.
- Ladders shall be inspected prior to use and those which have developed defects shall:
  - Be withdrawn from service for repair or destruction;
  - Be tagged or marked as “Dangerous, Do Not Use”.
- Ladders that are not self-supporting shall be erected on a sound base at a 4:1 pitch, and shall be placed to prevent slipping.
- The side rails of a ladder used to gain access to a roof or platform shall extend at least 3 feet above the landing.
- Portable metal ladders shall not be used for electrical work or where they might contact electrical conductors.

*From the Town of Amherst's Policy and Procedure Manual, 2009.*