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 ¾ 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  - Be withdrawn from service for repair or destruction;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.