

LADDER SAFETY KNOWLEDGE CHECK

- Which of the following are important to consider when selecting a ladder? Circle all that apply.
 - Style
 - Size
 - Duty rating
 - Material
- Duty rating must take into account which of the following? Circle all that apply.
 - Worker's weight
 - Weight of any tools and material
 - Weight of clothing
 - Ladder weight
- A person's maximum safe reaching height is approximately eight feet higher than the height of the ladder.
 - True
 - False
- How often should you inspect your ladder for wear, damage and missing or loose components?
 - Weekly
 - Bi-weekly
 - Monthly
 - Prior to every use
- When handling a ladder, it is important to remember which of the following? Check all that apply.
 - Do not drag it across the ground.
 - Loosely secure your ladder in transit, allowing for some vibration.
 - Do not carry an extension ladder in its extended position.
 - Do not drop a ladder when loading or unloading it from a vehicle.
- It is okay to store other materials on top of a ladder.
 - True
 - False
- Which of the following are common mistakes with stepladder and extension ladder use? Circle all that apply.
 - Facing the ladder while climbing and descending
 - Overreaching
 - Walking or moving the ladder while on it
 - Twisting excessively while on ladder
- If your ladder has bent rails, split rails, loose feet or missing feet, what should you do?
 - Nothing
 - Attempt to fix it
 - Tag it out of service and do not use
 - Keep using it until it breaks
- When using a stepladder, never stand higher than two steps from the top of the ladder.
 - True
 - False
- Which of the following is the correct height-to-ground ratio to use when setting up an extension ladder?
 - 3:1
 - 5:1
 - 4:1
 - 8:1
- Improper leveling using job-site scraps can make the ladder unstable.
 - True
 - False
- To verify the extension ladder is at the correct angle from the wall, place your toes against the bottom of the side rails and stand erect with your arms straight out. The ___ should touch the top of the rung nearest to shoulder level.
 - Tips of your fingers
 - Palms of your hands
 - Underside of your forearms
 - Inside of your wrists
- A ___ can safely hold two workers at a time.
 - Stepladder
 - Platform ladder
 - Twin stepladder
 - Both a and c
- A platform ladder allows for consistent and predictable reach.
 - True
 - False
- To maximize your safety, you should do which of the following? Circle all that apply.
 - Consider size, duty rating, style, and material when selecting a ladder
 - Inspect the ladder before every use
 - Never climb a damaged ladder
 - Ensure the proper set-up and stability of the ladder



KNOWLEDGE CHECK - ANSWER KEY

- Which of the following are important to consider when selecting a ladder? Circle all that apply.
A. Style
B. Size
C. Duty rating
D. Material
All four considerations are important when selecting a ladder.
- Duty rating must take into account which of the following? Circle all that apply.
A. Worker's weight
B. Weight of any tools and material
C. Weight of clothing
To stay within the duty rating of a ladder, you must take into account not only the worker's weight but also the weight of any tools, building materials and the weight of the worker's clothing.
- A person's maximum safe reaching height is approximately eight feet higher than the height of the ladder.
B. False
A person's maximum safe reaching height is approximately four feet higher than the height of the ladder.
- How often should you inspect your ladder for wear, damage, and missing or loose components?
D. Prior to every use
It is important that you inspect your ladder for wear, damage and missing or loose components prior to every use.
- When handling a ladder, it is important to remember which of the following? Circle all that apply.
A. Do not drag it across the ground.
C. Do not carry an extension ladder in its extended position.
D. Do not drop a ladder when loading or unloading it from a vehicle.
Remember that it is important to secure your ladder tightly to your vehicle during transit to prevent any vibration.
- It is okay to store other materials on top of a ladder.
B. False
Storing other materials on top of a ladder may damage it.
- Which of the following are common mistakes with stepladder and extension ladder use? Circle all that apply.
B. Overreaching
C. Walking or moving the ladder while on it
D. Twisting excessively while on ladder
Overreaching, walking, twisting excessively or moving the ladder while on the ladder are all common mistakes with stepladder and extension ladder use.
- If your ladder has bent rails, split rails, loose feet or missing feet, what should you do?
C. Tag it out of service and do not use
Never use a ladder that has bent rails, split rails, loose feet or missing feet. Remember, when in doubt, tag it and throw it out.
- When using a stepladder, never stand higher than two steps from the top of the ladder.
A. True
Standing two steps or lower from the top of the ladder will help prevent falls.
- Which of the following is the correct height-to-ground ratio to use when setting up an extension ladder?
C. 4:1
The base of the ladder should be positioned one foot away from the building for every four feet of ladder length, as measured from the base to the upper support point. This 4 to 1 ratio is essential to your safety. Placing an extension ladder base too close to the building can cause the ladder to tip over backward. Placing the ladder too far from its vertical support may cause the ladder to slip out at the bottom.
- Improper leveling using job-site scraps can make the ladder unstable.
A. True
Never use your ladder on uneven ground. In order to make sure your ladder is stable, use a proper leveling device.
- To verify the extension ladder is at the correct angle from the wall, place your toes against the bottom of the side rails and stand erect with your arms straight out. The ___ should touch the top of the rung nearest to shoulder level.
B. Palms of your hands
The palms of your hands should touch the top of the rung nearest shoulder level if the extension ladder is set up at the correct angle.
- A ___ can safely hold two workers at a time.
C. Twin Stepladder
Only a twin stepladder can safely hold two workers at a time.
- A platform ladder allows for consistent and predictable reach.
A. True
For a job that calls for consistent and predictable reach, platform ladder may be your best bet. Platform ladders allow you to have a greater range of movement that ultimately helps reduce worker fatigue.
- To maximize your safety, you should do which of the following? Circle all that apply.
A. Consider size, duty rating, style, and material when selecting a ladder
B. Inspect the ladder before every use
C. Never climb a damaged ladder
D. Ensure the proper set-up and stability of the ladder
All of these considerations are important in maximizing your safety while climbing.