

CARRYING ON LADDERS



Company Name:	
Job Name:	
Date:	

Key Points

- 1. Maintain three points of contact at all times.** Carrying items that require both hands can cause loss of balance and increase fall risk.
- 2. Never carry heavy or bulky materials while climbing.** Large items can shift your center of gravity and make ladders unstable.
- 3. Use tool belts or tool pouches whenever possible.** Hands should remain free for climbing and maintaining contact.
- 4. Hoist materials instead of carrying them.** Use rope, hand lines, or mechanical lifting methods to raise materials safely.
- 5. Have materials handed to you once positioned.** Climb first, then receive tools or materials from a coworker when stable.
- 6. Avoid overreaching or twisting while holding items.** Sudden movements increase the chance of losing balance.
- 7. Never climb with materials in one hand.** Uneven weight distribution can cause ladder shift or tipping.
- 8. Descend before adjusting or retrieving materials.** Do not attempt to reposition items while on the ladder.

300+

**workers are killed each year
in ladder-related incidents.**



Top 5 injuries relating to Carrying on Ladders ...

1. Falls from height – Loss of balance due to improper carrying
2. Head injuries – Falls resulting in concussions or skull fractures
3. Shoulder and arm injuries – Strains from holding awkward loads
4. Back injuries – Twisting while climbing or reaching
5. Cuts and lacerations – Dropped tools or materials striking workers below



1. Are hands kept free while climbing?
2. Are tools secured using belts or pouches?
3. Are materials being hoisted or handed up safely?
4. Is the worker positioned and stable before handling materials?

Climbing high,
Hands stay free,
Three points on,
Safe you'll be.

Summary

Carrying tools or materials while climbing a ladder greatly increases the risk of falls and serious injuries. Maintaining three points of contact, using proper lifting methods, and planning how materials will be moved before climbing helps keep workers safe and prevents accidents.



OSHA establishes and enforces ladder safety standards that require safe climbing practices and prohibit actions that compromise balance or stability, including carrying materials that interfere with proper ladder use. Employers must ensure ladders are used only for their intended purpose and in accordance with manufacturer instructions.

OSHA regulation 29 CFR 1926.1053(b)(21) states that workers must not carry any object or load that could cause them to lose balance and fall while climbing or descending a ladder. This requirement is critical because carrying items that occupy the hands or shift the worker's center of gravity significantly increases the risk of falls and serious injuries.





ATTENDEES

CARRYING ON LADDERS

Print Name:	Signature:

Additional Comments: