

Fixed ladders can be found on the outside of buildings and structures or indoors in a warehouse or industrial environment. Fixed ladders may also be found on major equipment for easier access and maintenance. While fixed ladders may seem safer in a work environment than portable ladders, there are still many safety issues that must be considered.

**OSHA Standard 1910.23(b)** states that the employer must ensure *Each employee faces the ladder when climbing up or down it; and each employee uses at least one hand to grasp the ladder when climbing up and down it.*

- Visually inspect all fixed ladders before use for any defects. Defective ladders must be tagged and removed from service immediately.
- During the ladder inspection, ensure that there is nothing on the rungs that could cause a slipping hazard.



**OSHA Standard 1910.23(b)(9)** states that the employer must ensure *Ladders are inspected before initial use in each work shift, and more frequently as necessary, to identify any visible defects that could cause employee injury.*

- Maintain three points of contact when climbing a fixed ladder. Always face the ladder when climbing up or down.
- Do not over-extend yourself to either side of the fixed ladder and do not carry any load when climbing an fixed ladder that could cause you to lose balance.
- Do not use a fixed ladder that has a pitch greater than 90 degrees from the horizontal.
- When required, use fall protection when climbing fixed ladders.
- Keep the area around the top and bottom of the ladder clear.
- Fixed wooden ladders may not be coated with any material that could obscure structural defects.