



Environment, Health, & Safety
Training Program

EHS 278 ~ Ladder Safety

Course Syllabus

Subject Category: Occupational Safety
Course Length: 30 minutes
Schedule: Online Training

Course Prerequisite: No
Medical Approval: No

Course Purpose: This course is designed to provide information on how to avoid ladder accidents, and how to safely choose and set up ladders in order to perform work at LBNL.

Course Objectives:

After successful completion of this training, students will be able to:

- Choose the correct type of ladder for their work
- Inspect a ladder for safety
- Safely set up and use a step ladder
- Safely set up and use an extension ladder
- Explain when and how to remove a ladder from service
- Explain how to store ladders safely
- Explain how to carry ladders safely

Course Instructional Materials: Ladder inspection sheet (PDF)

Instructor: EH&S Staff

Training Compliance Requirements:

29 CFR 1910.25 – Portable Wood Ladders

29 CFR 1910.26 – Portable Metal Ladders

29 CFR 1926 Subpart X – Ladders

Title 8 CCR, Div 1, Chapter 4, Subchapter 4, Construction Safety Orders, Article 25. Ladders

Participant Evaluation: Online evaluation

Written Exam: No

Practical Exam: No

Retraining/Recertification: Required when necessary

WEB Resource: <http://www.lbl.gov/ehs/training/courses.shtml>