



Portable Ladder Training Checklist

Employee name: _____ Date: _____

Supervisor name: _____

	TOPIC	Trainee Initials	Trainer Initials	Date Completed
1	Importance of using ladders safely, including: frequency and severity of injuries related to falls from ladders.			
2	Selection, including: types of ladders (and their specific uses), proper length, maximum working loads, and electrical hazards.			
3	Hazard identification, including maintenance, inspection, and removal of damaged ladders from service. Examples: Portable Ladder Inspection Checklist NIOSH Ladder Safety App			
4	Erecting ladders, including: footing support, top support, securing, and angle of inclination.			
5	Climbing and working on ladders, including: user's position and points of contact with the ladder.			
6	Factors contributing to falls, including: haste, sudden movement, lack of attention, footwear, and user's physical condition.			
7	Prohibited uses, including: uses other than designed, climbing on cross bracing, maximum lengths, and minimum overlap of extension ladder sections.			

RECOMMENDATIONS: _____

Trainer signature _____

Date _____

I, _____ have completed the training outlined above and understand all of the topics presented.

Employee signature _____