



Ladder Safety Initiatives

The Next Step



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Stepping Up

Why it's important – Statistics

Ladder Safety Month

Resources to our Policyholders

Resource for our Team Members

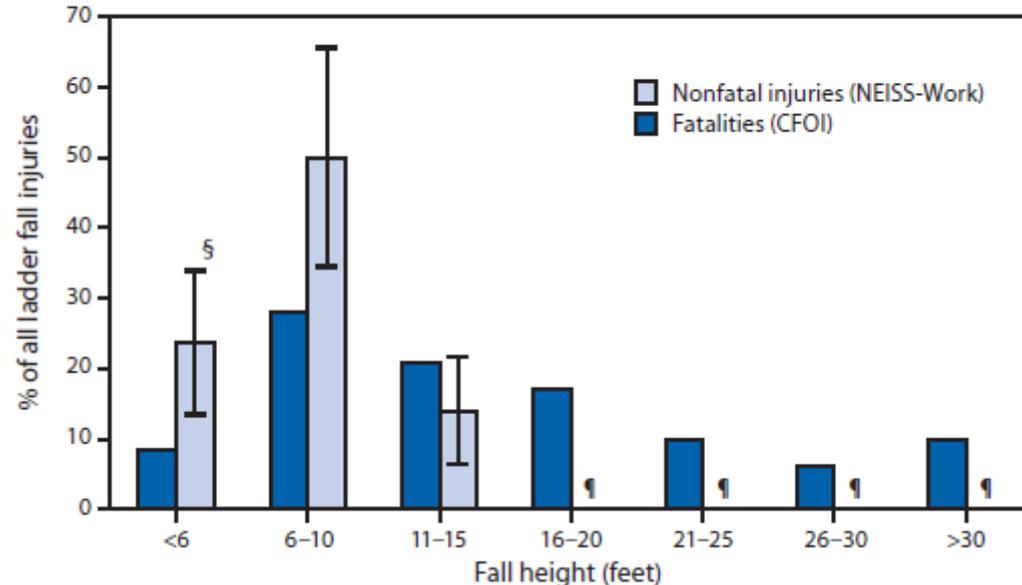


ICW Group Claims Data

- Average Total claim cost for a fall from elevation with "Ladder" in the accident description: \$56,104
- Falls from elevation total claims cost with "Ladder" in the accident description, over prior 5 years: \$97,341,666
- Average number of days away from work for "Ladder" fall from elevation claim: 96

Ladder Fatalities and Non-fatal Injuries by Ladder Height

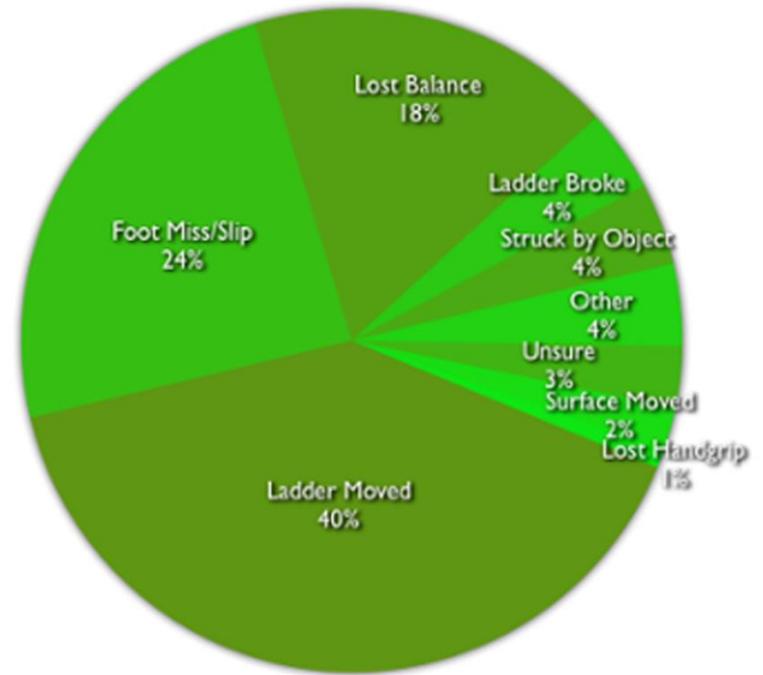
FIGURE. Percentage of ladder fall fatalities* and nonfatal ladder fall injuries treated in emergency departments,† by fall height (when documented) — United States, 2011



Centers for Disease Control and Prevention. 2014. "Occupational Ladder Fall Injuries – United States, 2011." *Morbidity and Mortality Weekly Report (MMWR)*.

Cause of Ladder Falls

- 40% ladder movement: mostly kick out events
- 24% foot slip/misstep
- 18% loss of balance: mostly reaching out



Consequences

Falls remain a leading cause of unintentional injury mortality nationwide, and 43% of fatal falls in the last decade have involved a ladder.

Among workers, approximately 20% of fall injuries involve ladders 2-4.

OSHA ladder citations, frequently ranked among the top 10 most-cited violations, center on improper usage, lack of training, and damaged equipment, with over 2,900+ incidents in 2023.

Consequences

- Two employees needed to inspect the roof of a detached garage after days of rain. To access the roof, they positioned an extension ladder against the garage, placing the ladder feet on wet, muddy ground on the far side of a shrub.
- Both employees climbed the ladder to reach the roof. Upon finishing the inspection, the coworker felt the ladder shift under his weight and decided it was not safe to descend; he stayed on the roof.
- The injured worker, despite the instability, chose to climb down. As he placed both feet on the ladder, it slipped out from underneath him, causing him to fall about 10 feet. His legs caught on the shrub, and his upper back and shoulders struck the ground first.
- The ladder was not tied off or secured to the structure, as company policy required. The employees thought they'd only be up there a few minutes and did not have anyone holding the ladder base.
- The result: The worker suffered spinal fractures with permanent disabilities, and the claim cost was \$1.9 million.

Ladder Safety Month

Timeline – March 1st to March 31st

Ladder Safety Point System

Social Media Badges

Certifications of completion from
ICW Group

Repeat metrics next year as a
service and a measurable
benchmark



Ladder Challenge Score Sheet

35 total Points Offered

Points will be accumulated for items such as-

- Weekly Training
- Pre-Job Assessment Form
- Job site Reviews
- Elimination or implementation of alternatives
- Adding safety metrics into management roles
- Safety incentive programs that include loss leaders such as ladders



Policy#:

Company Name:

CHALLENGE	TOTAL POINTS OFFERED	TOTAL POINTS ACHIEVED
Weekly Training Completed which includes topics such as angles, setup, selection, placement, and securement. (Up to 1 point per week either remote or on site)	4	
Weekly Pre-Job Assessment Completed. (Up to 1 point per week)	4	
Ladder Inspection Program and or annual ladder inspection completed. This includes replacement of sicklers, identifying unreasonable damage, missing feet, bent spreaders, cracked rungs, or worn foot placement.	5	
NIOSH Ladder App Downloaded and Used at a physical job site or within training modules. NIOSH Ladder Safety App Link	1	
Weekly Job site review of Safe Ladder use. This includes placement, angle, securement, and selection. Identify where employees wouldn't have 3 points of contact, potential for overreaching, or encourage poor balance. (Up to 1 point per week)	4	
Review of prior injuries involving ladders. If no current or past ladder injuries are present, development of a formal accident investigation program.	5	
Elimination of ladders or successful use of alternatives weekly. This can include scaffolds, benches, or other similar tools.	4	
Adding Safety metrics into Leadership, Foreman, or site manager metrics to reduce high frequency accidents, such as falls from ladders.	5	
Safety Incentive or positive reinforcement when safe ladder use is witnessed at the job site. (Up to 1 point per week)	4	
Total		0

If your total exceeds 25 Points please reach out to mreports@icwgroup.com for your ladder challenge certification of completion.

If your total exceeds 15 Points please reach out to mreports@icwgroup.com for your ladder challenge social media badge.

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Weekly Training

- Weekly Toolbox talk regarding ladder safety.
- We have provided 4 unique toolbox talks to supplement each week of the month.
- *Safety onDemand* options available.

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SAFETY MEETING GUIDE
Ladder Safety: Environmental Hazards

Incident Summary

A worker on a commercial construction site was installing fire sprinklers using a 6-foot step ladder. During the task, drywall workers began staging sheetrock by leaning it against a nearby wall. The sheetrock tipped over and struck the ladder, causing the worker to fall to the ground.
Injuries: Back injury, elbow injury, and concussion.
Cost of Claim: \$191,000.

Key Contributing Factors

- Lack of communication between trades.
- No protective zone established around the ladder.
- Work performed in a shared space without hazard control.

Discussion Points

1. Why did this happen?
 - Other workers were unaware of ladder work in progress.
 - No physical barriers or spotter to prevent interference.
 - Failure to stop work when conditions became unsafe.
2. What could have been done differently?
 - Better coordination and communication between trades.
 - Implementing ladder safety protocols and hazard zones.

Prevention Methods

To prevent similar incidents, always follow these precautions:

Use a Spotter:
Have a spotter stand at the base of the ladder to monitor surroundings and prevent interference.

Establish a Safety Zone:

See final page for AI-generated content disclaimer

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Cord off the area with cones and/or caution tape to create a clear hazard zone.

Communicate Before Starting:
Alert others in the area that you will be working from a ladder. Ensure they understand to keep clear.

Stop Work if Conditions Change:
Immediately stop work if others come too close or begin working near your ladder.

Additional Best Practices:

- Inspect ladder before use and ensure it's on stable ground.
- Keep tools and materials organized to avoid clutter around the ladder.
- Never overreach; reposition the ladder as needed.

Questions for the Crew

- Are you aware of any situations specific to our workplace where you might encounter environmental hazards while using a ladder? If so, what are they and how can we control them?
- How do we currently communicate when working on ladders?
- What barriers or tools do we have available to cordon off work areas?
- What should you do if someone starts working near your ladder?

Takeaway

Ladder safety is not just about the ladder—it's about controlling the environment around it. Communication and hazard awareness save lives and prevent costly injuries.

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Pre-Job Assessment

- **Quick Description of the Work**
 - Height, Duration, Types of work.
- **Safety Hierarchy**
 - Investigation to eliminate.
 - Investigation to substitution.
 - If ladders can't be removed or substituted, ensure a plan of safe use is present.
- **Post-Task Review**
 - Use for safety talks or accident investigation.

ICWGROUP Insurance Companies | PRE-JOB ASSESSMENT: LADDER ELIMINATION

Job / Task: _____ Date: _____
Location: _____

1. Job Description & Work Height Requirements

1.1 What is the task requiring elevated access?

- Inspection
- Installation
- Maintenance
- Painting
- Cleaning
- Other: _____

1.2 What is the required working height?

- ≤ 4 ft
- 4–10 ft
- 10–15 ft
- > 15 ft (extreme risk)

1.3 Duration of elevated task:

- < 15 minutes
- 15–60 minutes
- > 1 hour

1.4 Is the task static or does it require movement?

- Static (one position)
- Multiple locations
- Continuous movement

2. Elimination (Highest Level of Control)

Goal: Remove the need for ladders entirely.

2.1 Can the task be completed from the ground by changing the method?

- Yes — describe method: _____
- No

Examples to consider:

- Telescoping tools
- Pole-mounted cleaning/inspection tools
- Prefabrication on the ground
- Use components requiring less elevated maintenance
- Relocate parts to accessible height

3. Substitution

Goal: Replace ladder use with a safer alternative.

1

2

3

tes

Ladder Inspection Program

- Will vary based on the:
 - Size of the operation
 - Number of ladders and variety of ladders you have
 - Frequency of Use
- Is the ladder in safe working condition?
- Written review on a designated day each year or as frequently as needed

Ladder Inspection Checklist

Department: _____ Date: _____

Shop: _____ Inspected By: _____

If any of the answers are NO, remove the ladder from service and tag or mark it as "out of service" until it is repaired or destroyed.

List Ladder(s) by their Identification Number	Did the ladder pass inspection when compared to the inspection criteria below?	If not, what is ladder status? ○ Tagged out for repair ○ Removed and destroyed
	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> TAGGED <input type="checkbox"/> DESTROYED
	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> TAGGED <input type="checkbox"/> DESTROYED
	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> TAGGED <input type="checkbox"/> DESTROYED
	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> TAGGED <input type="checkbox"/> DESTROYED
	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> TAGGED <input type="checkbox"/> DESTROYED
	<input type="checkbox"/> YES <input type="checkbox"/> NO	<input type="checkbox"/> TAGGED <input type="checkbox"/> DESTROYED

- Feet are intact and grip solidly
- Steps / Rungs are clean and free of dust, oil or other surface contaminants.
- Steps/Rungs are secure to rails
- Ladder has unique Berkeley Identification Number
- Hinges are secure
- Ladder is not made of wood
- Locking mechanisms are intact
- Rails are not cracked or separated from feet, hinges or rungs
- For Articulated and Step ladders, the two front legs are the same length and the two rear legs are the same length
- Labels are intact and readable
- Ladder is not painted
- Extension Ladder: Locks are in operable condition
- Extension Ladder: Pulleys are secure and operable
- Extension Ladder: Rope secured to attachment points and in good condition
- Extension Ladder: The sliding section(s) should overlap each other by at least:
 - 3 feet on ladders up to 32 feet long.
 - 4 feet on ladders 32 – 36 feet long.
 - 5 feet on ladders 36 - 48 feet long.
 - 6 feet on ladders longer than 48 feet
- Accessories (leg levelers, paint shelves, stand-off shelves) are in good condition

Ladder Inspection

Inspect

A competent person must inspect ladders

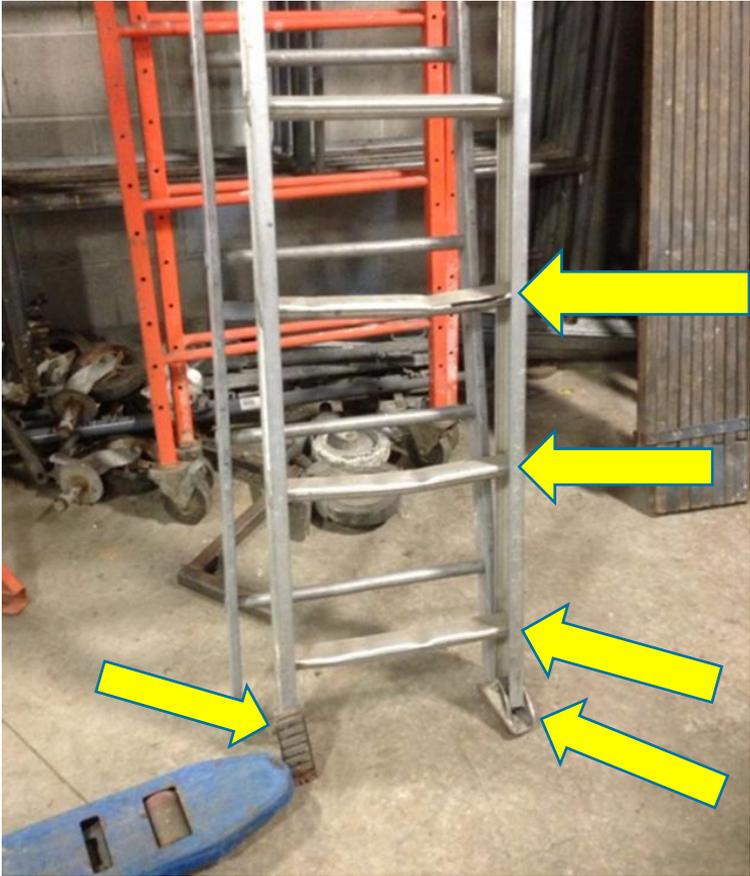
Mark

If a defective ladder is found, immediately mark it defective or tag it "Do Not Use"

Withdraw

Withdraw defective ladders from service until repaired

Ladder Inspection Inspection



Ladder Alternatives

- Aerial Lifts
- Mobile Ladder / Platforms
- Traditional Scaffolding
- Perry Scaffolds



If No other Options are available

- Train train train!
 - Angle Placement
 - Ladder Securement
 - Securement devices
 - Ground surfaces
 - Hazards – Overhead and Around

Ladder training programs include the following areas:

Ladder Selection and Types Identifying appropriate ladders for specific tasks, including portable, fixed, and step ladders.

Pre-Use Ladder Inspection Checking for defective rungs, side rails, anti-slip feet, or other structural issues, and learning proper documentation procedures.

Safe Ladder Setup and Positioning Ensuring proper ladder angle placement, placement on stable and level surfaces, and securement.

Fall Prevention and Hazard Recognition Understanding environmental risks such as slippery surfaces, wind, overhead power lines, and obstacles, and employing three points of contact during climbs.

Ladder training programs

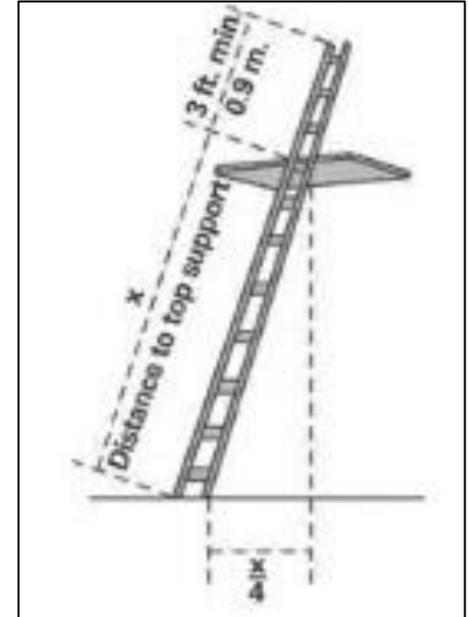
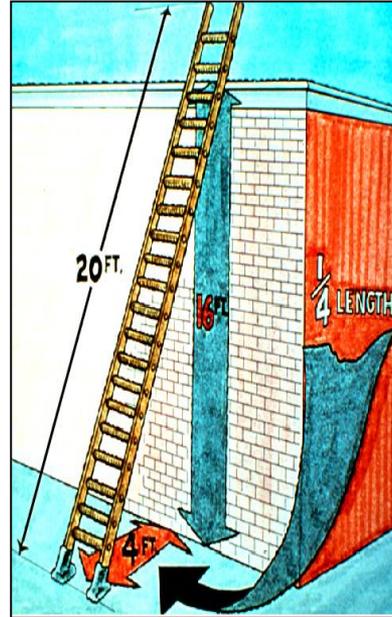
Load Ratings and Load Management Recognizing maximum intended load, including workers, tools, and materials, avoiding overloading, and using tool belts or lifts when necessary

Climbing Techniques Using hands correctly, ascending/descending slowly, facing the ladder, and avoiding carrying objects

Use of Accessories Adding stabilizers, tiedowns, and other safety devices to increase stability on uneven surfaces or high platforms

Extension Ladder Safe Practices: Placement

- 4:1 Ratio = 75.5°
- At least 3 ft. of ladder above the upper landing surface
- Ladder secured



NIOSH Ladder Study

- An angle change from 75° to 65° nearly doubles the required friction for keeping an extension ladder in balance

(NIOSH Simeonov et al., 2012)

- Over 35% of the time, ladders are placed at angles less than 65°

(NIOSH Simeonov et al., 2012)

- Slipping of ladder base was identified as a leading cause for ladder fall incidents (Hsiao et al., 2008)



Correct Placement Angle?



Ladder Securement

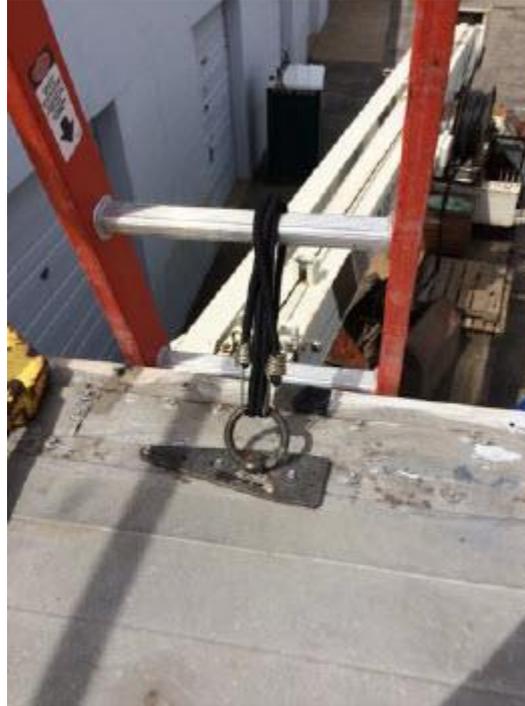
Secured at the Bottom



Secured at the Top



Upper Securement Examples



Ready Made Securement Devices



Ladder Accessories



Spurs Up or Down?

Loose Soil



Firm Base



Ladder on Slopes



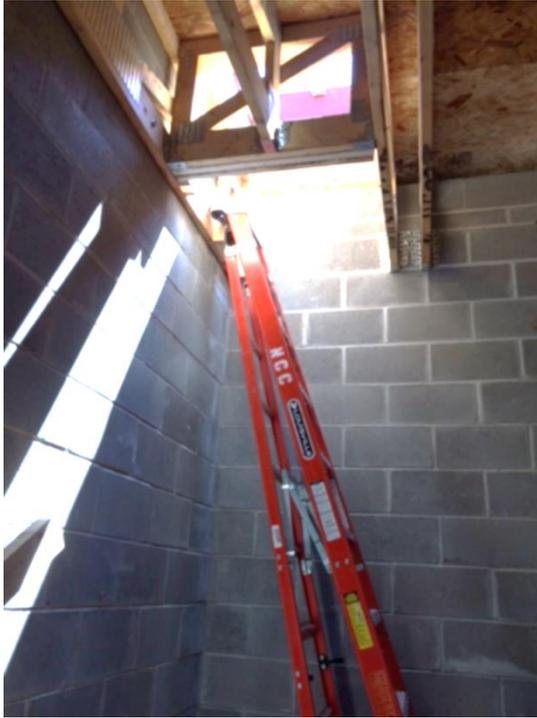
Overhead Obstructions and Powerlines



Is this the best way?



Is there a better option?



Resource Page

For internal and external use

- NIOSH APP
- ICW Stickers
- ICW Safety Talks
- Custom Made Toolbox Talks
- Ladder Safety Institute
- Manufacturer Resources



2026 Safety Training Webinar Series – What's Next!

March 12 – Forklift & Powered Industrial Truck Safety: OSHA Requirements Explained

March 26 – Top 10 Tips to Lower Your Ex-Mod

April 16 – 10 Essential Steps to Prevent Heat Illness

April 30– Employee Mental Health: Strategies for a Resilient Workplace

May 14– Accident Investigations

Register at www.icwgroup.com/webinar

Safety Resources Available to You

Policyholder Website

- Injured Workers Resources
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- And More!!

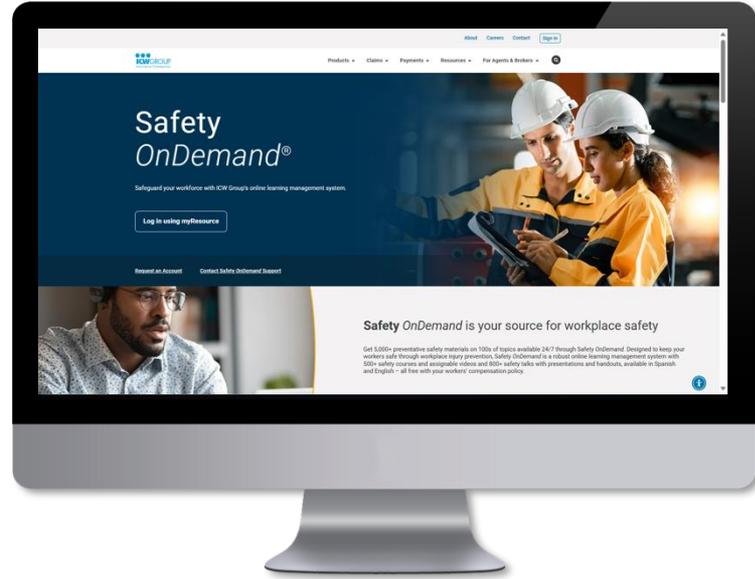
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Thank You!