

Ladder Safety Quiz

1. Inspect your ladder for work EACH DAY and do NOT use if you discover the following (circle all that apply):
 - a. Chipped paint
 - b. Cracked metal
 - c. Missing rivets
 - d. Dents and bends in the support leg
 - e. Loose steps
2. The proper way to carry a ladder is:
 - a. On your head
 - b. Have someone else carry it
 - c. Place your arm through the ladder, balance it on your shoulder and hold onto the leg
 - d. Place your head through the ladder, balance it on your shoulders and hold onto the leg
 - e. Hold the ladder in front of you with the top pointed to the nearest tree and the bottom pointed toward your co-workers so you can swing around and whack them
3. The best way to check that you have the proper 70 to 75 ° angle when you set the ladder is to:
 - a. Place your toes at the base of the ladder and reach your hands straight out in front of you – your fingertips should just touch the ladder
 - b. Bring a protractor and measure the angle between the steps and the leg each time
 - c. Place your toes at the base of the ladder and extend your arm towards the leg – your fingertips should just touch the leg
 - d. Measure the angle between the ground and the steps, and the angle between the ground and the leg, add these together and subtract from 180 – if the result is between 70 and 75 then your ladder is set correctly (also, you are a nerd)
 - e. Math is fun!
4. Safe use of a ladder includes:
 - a. Lean the ladder into a tree for additional support, but never step onto a branch
 - b. Keep your center of gravity between the side rails, face out when descending
 - c. Ascend and descend facing the ladder, position the third leg downhill on a slope and slightly uphill on a cross-slope
 - d. Never step onto a branch because you might get leaves in your flip flops
 - e. Avoid loose-fitting clothing, wear appropriate footwear and stay off the top two steps
5. Which of the following are hazards associated with orchard ladder use:
 - a. Overhead electrical lines
 - b. Loose clothing
 - c. Muddy conditions
 - d. Steep slopes
 - e. All of the above