



Introduction to Safety – Unit Two: Hazard Awareness and Communications

Lab 4: Ladder Safety

Student Name: _____

Description of Topic

- It is often necessary for maintenance technicians to use ladders in the workplace. Ladders are used to climb to a higher level of a building, such as a second floor or a roof. They are also used to perform work at an elevated height to perform tasks such as painting, changing a light, or when making a repair. The major type of injury that occurs when using a ladder is a fall. Because the beginning of a fall is at an elevated height, the result is likely to be serious, or even fatal. Therefore, knowing how prevent falling by properly using a ladder is extremely important for maintenance technicians.

Materials Required

- Fiberglass or aluminum ladder (Supplied by the instructor)
- Tool bag
- Tools

Objective

- The student will demonstrate how to properly use an extension ladder.

Lab Assignment

- After attending a lecture or completing the reading assignment on the use of ladders, the student should use an extension ladder to demonstrate knowledge on its proper usage to an instructor. The student should prepare to do a presentation and demonstration before meeting with the instructor, and to cover the following topics:
 - What to inspect for before using, especially the ladder locks.
 - When to use aluminum or fiber glass ladders.
 - The type of surface to place it on, and ladder feet.
 - Angle of the ladder.
 - The amount of the ladder that should extend above the upper landing.
 - Demonstrate the proper way to ascend or descend a ladder.
 - Demonstrate how to paint when standing on the ladder.
 - Where not to stand on the ladder.
 - What to use when carrying tools.





Introduction to Safety – Unit Two: Hazard Awareness and Communications

Lab 4: Ladder Safety

Grading Rubric

Below is an example of a rubric to implement when evaluating the performance of individual students for each of the laboratory exercises.

	Excellent 5 pts	Good 4 pts	Fair 3 pts	Poor 2 pts	Unacceptable 1 pts	Grade Received (N/A)
Ability to Follow Directions	Excellent Followed directions to the letter.	Good Followed directions.	Fair Moderately followed directions.	Poor Did not follow directions.	Unacceptable Did not appear concerned with directions.	Grade Received
Demonstrate Knowledge of Tools	Excellent Student knows and is able to identify and explain necessary tools for completion of the project.	Good Student is able to identify and explain necessary tools for completion of the project with some assistance.	Fair Student is unable to identify or use tools without major prompting.	Poor Student is not able to both identify and use tools.	Unacceptable Student's use of tools posed a danger to self and others.	Grade Received
Level of Needed Assistance	Excellent Student was able to complete the task without assistance.	Good Student was able to complete the task with little assistance.	Fair Student was able to complete the task with moderate assistance.	Poor Student was unable to complete task without major assistance.	Unacceptable Student was unable to complete task with assistance.	Grade Received





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	Excellent 5 pts	Good 4 pts	Fair 3 pts	Poor 2 pts	Unacceptable 1 pts	Grade Received (N/A)
Student Preparedness	Excellent Student had/gathered all materials and was completely ready to go to work.	Good Student had/gathered most materials and went to work.	Fair Student had/gathered most materials, however, they needed excess time to do so.	Poor Student did not have/gather some of the needed materials to perform work.	Unacceptable Student did not have/gather the needed materials and was unable to perform work.	Grade Received
Time Management	Excellent Routinely used time well throughout the project to get the job done on time.	Good Used time fairly well throughout the project.	Fair Procrastinated somewhat but did get the job done on time.	Poor Was unable to adequately meet timeline due to inability.	Unacceptable Did not meet timeline due to procrastination or wasting time.	Grade Received





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