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| **Mobile Ladder Stands**  **Self-Inspection Checklist** |



**Guidelines:** This checklist covers regulations issued by the U.S. Department of Labor, Occupational Safety and Health Administration (OSHA) under the general industry standard 29 CFR 1910.29. It applies to **mobile ladder stands** that may be used to reach lights or other overhead storage areas. The regulations cited apply only to private employers and their employees, unless adopted by a State agency and applied to other groups such as public employees. Definitions of terms in bold type are provided at the end of the checklist.



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|  | **Please Circle** |
| 1. Are all exposed surfaces of **mobile ladder stands** free from sharp edges, burrs, or other safety hazards? [29 CFR 1910.29(a)(2)(v)] | **Y   N   N/A** |
| 1. Is the maximum work level height less than or equal to four times the minimum or least base dimension of the **mobile ladder stand**? [29 CFR 1910.29(a)(3)(i)]   **Note:** Suitable outrigger frames may be used to achieve the required base dimension or other means used to guy or brace the unit against tipping. | **Y   N   N/A** |
| 1. Is the minimum step width for ladder stands 16 inches? [29 CFR 1910.29(a)(3)(ii)] | **Y   N   N/A** |
| 1. Are the steps of ladder stands fabricated from slip-resistant **treads**? [29 CFR 1910.29(a)(3)(iv)] | **Y   N   N/A** |
| 1. Are at least two of the four casters equipped with a swivel lock to prevent movement? [29 CFR 1910.29(a)(4)(ii)] | **Y   N   N/A** |
| 1. Are steps of mobile ladder stands uniformly spaced? [29 CFR 1910.29(f)(3)] | **Y   N   N/A** |
| 1. Are steps of mobile ladder stands sloped, with a rise that is not less than 9 and not more than 10 inches, and a depth of at least 7 inches?  [29 CFR 1910.29(f)(3)]   **Note:** The slope of the steps section shall be a minimum of 55 degrees and a maximum of 60 degrees measured from the horizontal. | **Y   N   N/A** |
| 1. Are mobile ladder stands with more than five steps equipped with handrails? [29 CFR 1910.29(f)(4)(i)] | **Y   N   N/A** |
| 1. Are the handrails at least 29 inches high? [29 CFR 1910.29(f)(4)(ii)]   **Note:** Measurements must be taken vertically from the center of the steps. | **Y   N   N/A** |
| 1. Are all ladder stands with a work level 10 feet or higher above the ground or floor equipped with a standard (4-inch nominal) toeboard? [29 CFR 1910.29(a)(3)(vi)] | **Y   N   N/A** |



**Definitions:**

**Mobile ladder stand:** a manually propelled mobile fixed-size self-supporting ladder consisting of a wide flat tread ladder in the form of stairs. The assembly may include handrails.

**Rise:** the vertical distance from the top of a tread to the top of the next higher tread.

**Tread:** the horizontal member of a step.