

Ladder Safety Inspection Checklist

Site / Project	_____	Address	_____
Inspector name	_____	Company	_____
Date	_____	Time	_____

Documentation aid only. Adapt this resource to the site, manufacturer instructions, and applicable local requirements. It does not replace a competent person, professional judgment, legal advice, or a required statutory form.

Jurisdiction: Adaptable. Covers OSHA 29 CFR 1926.1053 (US) and UK HSE LA455. Adaptable to other jurisdictions. Apply only the section and thresholds for the governing jurisdiction; do not combine US and UK requirements as if they were one code.

Inspection checklist

Inspection header

Ladder type (extension / step / platform / fixed)

Ladder material (fiberglass / aluminum / wood)

Ladder ID / serial number

Inspector name and date

Inspection type (pre-use / detailed periodic)

Pre-use visual inspection

☐ Rungs, cleats, steps: no bent, cracked, or missing rungs; evenly spaced (10–14 inches); of grease, oil, mud	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐ Stiles (side rails): no twisting, heavy denting, or structural buckling	☐ Pass	☐ Fail	☐ N/A	Notes: _____
☐ Feet and base: anti-slip rubber feet intact, metal spades sharp and straight (for soft ground)	☐ Pass	☐ Fail	☐ N/A	Notes: _____

☐	Hardware and joints: tie rods, rivets, welded joints secure; spreader arms lock securely on stepladders	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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Material-specific checks

☐	Fiberglass: no blooming (UV degradation), chipping, or deep scratches	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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☐	Aluminum: no permanent denting or bending; never used near live wiring	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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☐	Wood: no splintering, moisture rot, loose rivets; no opaque paint coatings hiding cracks	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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Setup geometry

☐	4-to-1 ratio: base 1 foot out for every 4 feet of height to support point (~75-degree angle)	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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☐	Upper extension: rails extend at least 3 feet (0.9 m) past upper landing surface	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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☐	Three points of contact: two hands + one foot, or two feet + one hand, at all times	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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☐	Belt buckle rule: user's belt buckle remains within stiles; both feet on same rung	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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Tag-out and recordkeeping

☐	Defective ladder tagged 'Do Not Use' and removed from service	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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☐	Detailed visual inspection by competent person at fixed intervals: recorded	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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☐	Inspector signature	☐ Pass	☐ Fail	☐ N/A	Notes: _____
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Findings

#	Item	Location	Severity	Action required
1				
2				
3				
4				
5				
6				
7				
8				

Signature

Inspector signature _____

Name _____

Date _____

References consulted

OSHA 29 CFR 1926.1053 – Ladders

UK HSE – LA455: Safe use of ladders and stepladders

OSHA 1926.1053(b) – Portable ladder requirements

UK HSE – Working at height regulations 2005

Verify the current edition and local adoption before use.