



**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 in labs and shops 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.

	YES	NO	N/A
Are all exposed surfaces of mobile ladder stands free from sharp edges, burrs, or other safety hazards? [29 CFR 1910.29(a)(2)(v)]			
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.			
Is the minimum step width for ladder stands 16 inches? [29 CFR 1910.29(a) (3)(ii)]			
Are the steps of ladder stands fabricated from slip-resistant treads? [29 CFR 1910.29(a)(3)(iv)]			
Are at least two of the four casters equipped with a swivel lock to prevent movement? [29 CFR 1910.29(a)(4)(ii)]			
Are steps of mobile ladder stands uniformly spaced? [29 CFR 1910.29(f)(3)]			
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.			
Are mobile ladder stands with more than five steps equipped with handrails? [29 CFR 1910.29(f)(4)(i)]			
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.			

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	YES	NO	N/A
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)]			

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.

Comments / Corrective Action:

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