

(22) An employee shall not carry any object or load that could cause the employee to lose balance and fall.

[55 FR 47687, Nov. 14, 1990; 56 FR 2585, Jan. 23, 1991, as amended at 56 FR 41794, Aug. 23, 1991]

EFFECTIVE DATE NOTE: At 79 FR 20743, Apr. 11, 2014, §1926.1053 was amended by revising paragraph (b)(12), effective July 10, 2014. For the convenience of the user, the revised text is set forth as follows:

**§ 1926.1053 Ladders.**

\* \* \* \*

(b) \* \* \*

(12) Ladders shall have nonconductive siderails if they are used where the employee or the ladder could contact exposed energized electrical equipment, except as provided in §1926.955(b) and (c) of this part.

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**§§ 1926.1054–1926.1059 [Reserved]**

**§ 1926.1060 Training requirements.**

The following training provisions clarify the requirements of §1926.21(b)(2), regarding the hazards addressed in subpart X.

(a) The employer shall provide a training program for each employee using ladders and stairways, as necessary. The program shall enable each employee to recognize hazards related to ladders and stairways, and shall train each employee in the procedures to be followed to minimize these hazards.

(1) The employer shall ensure that each employee has been trained by a competent person in the following areas, as applicable:

(i) The nature of fall hazards in the work area;

(ii) The correct procedures for erecting, maintaining, and disassembling the fall protection systems to be used;

(iii) The proper construction, use, placement, and care in handling of all stairways and ladders;

(iv) The maximum intended load-carrying capacities of ladders used; and

(v) The standards contained in this subpart.

(b) Retraining shall be provided for each employee as necessary so that the employee maintains the understanding

and knowledge acquired through compliance with this section.

APPENDIX A TO SUBPART X OF PART  
1926—LADDERS

This appendix serves as a non-mandatory guideline to assist employers in complying with the ladder loading and strength requirements of §1926.1053(a)(1). A ladder designed and built in accordance with the applicable national consensus standards, as set forth below, will be considered to meet the requirements of §1926.1053(a)(1):

- Manufactured portable wood ladders: American National Standards Institute (ANSI) A14.1–1982—American National Standard for Ladders—Portable Wood-Safety Requirements.

- Manufactured portable metal ladders: ANSI A14.2–1982—American National Standard for Ladders—Portable Metal-Safety Requirements.

- Manufactured fixed ladders: ANSI A14.3–1984—American National Standard for Ladders—Fixed-Safety Requirements.

- Job-made ladders: ANSI A14.4–1979—Safety Requirements for Job-Made Ladders.

- Plastic ladders: ANSI A14.5–1982—American National Standard for Ladders—Portable Reinforced Plastic-Safety Requirements.

## Subpart Y—Diving

AUTHORITY: Sections 4, 6, and 8 of the Occupational Safety and Health Act of 1970 (29 U.S.C. 653, 655, 657); Sec. 107, Contract Work Hours and Safety Standards Act (the Construction Safety Standards Act) (40 U.S.C. 333); Sec. 41, Longshore and Harbor Workers' Compensation Act (33 U.S.C. 941); Secretary of Labor's Order No. 12–71 (36 FR 8754), 8–76 (41 FR 25059), 9–83 (48 FR 35736), 1–90 (55 FR 9033), 3–2000 (65 FR 50017) or 5–2002 (67 FR 65008) as applicable; and 29 CFR part 1911.

SOURCE: 58 FR 35184, June 30, 1993, unless otherwise noted.

### GENERAL

**§ 1926.1071 Scope and application.**

NOTE: The requirements applicable to construction work under this section are identical to those set forth at §1910.401 of this chapter.

[61 FR 31432, June 20, 1996]

**§ 1926.1072 Definitions.**

NOTE: The provisions applicable to construction work under this section are identical to those set forth at §1910.402 of this chapter.

[61 FR 31432, June 20, 1996]