

Fall Protection & Ladders – Quick Reference

Situation	OSHA Requirement	Rule Reference
Portable Ladder – Proper Use (step or extension ladder, stable ground, correct angle, 3 points of contact)	No separate fall protection required	1910.23(b), 1926.1053(b)
Fixed Ladder >24 ft (installed after Nov. 19, 2018)	Must have a ladder safety system or personal fall arrest system	1910.28(b)(9)
Fixed Ladder >24 ft (installed before Nov. 19, 2018)	Cage/basket allowed until replaced or by 2036; must add safety system after replacement	1910.28(b)(9)(i)(B)
Ladder on Scaffold	Fall protection required at 10 ft or more	1926.451(g)(2)
Ladder Near Roof/Edge/Open Sided Platform	Must be protected from the edge hazard (guardrail, safety net, or PFAS)	1910.28(b)(1)
Can't Maintain 3 Points of Contact (using both hands for tools/materials)	Employer must implement additional protection (harness, platform ladder, helper, etc.)	1910.23(c)
Improper or Unstable Ladder Setup (on boxes, uneven surface, movable object)	Considered unsafe – must use fall protection or other safe means of access	1910.23(b)(8)