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