Carpenter Falls from Ladder-Supported Extension Plank

SUMMARY
A carpenter was injured after falling approximately five-and-a-half feet from a ladder supported extension plank, landing on the ground below.

The carpenter was employed by a residential siding company. On the morning of the incident, the carpenter was working alone to finish replacing siding on a two-story residence. The carpenter set up a scaffold using a 10 feet long by 12 inches wide manufactured aluminum extension plank placed between two step ladders. This allowed the carpenter to access the old siding boards that were to be removed and replace them with new ones.

While working on the plank approximately five-and-a-half feet up the ladder, the carpenter pulled off a piece of wood siding that came off easier than anticipated. The extra force exerted while pulling the board caused the carpenter to lose balance and stumble backwards and fall off the plank, landing on the ground below. The carpenter sustained soft tissue injuries to the neck and back. After the incident, the employer used an aerial lift for the remainder of the job.

REQUIREMENTS
• As part of their accident prevention program, employers must conduct safety meetings at the beginning of each job, and at least weekly thereafter. These safety meetings must be tailored to the particular operation. See WAC 296-155-110(5).
• Make sure platforms meet minimum width requirements depending on the plank and set up. See WAC 296-874-20010.
• Scaffold platforms more than two feet (0.6 m) above or below a point of access must have an accessible means of access such as a step ladder, stairway, or additional scaffolding. See WAC 296-874-20020.

RECOMMENDATIONS
FACE investigators concluded that, to help prevent similar occurrences:

• Employers should pick the best equipment for working at heights. If a scaffold plank isn’t a safe way to do the work, consider an aerial work platform or another type of scaffolding system.
• Follow manufacturer’s instructions. Contact the manufacturer to ensure you have supported the extension plank correctly.
• Compliant guard rails erected when working at heights can prevent serious injuries even if working at lower heights.

This narrative is an alert about the serious traumatic injury of a worker and is based on preliminary data ONLY and does not represent final determinations regarding the nature of the incident or the cause of the injury. Developed by WA State Fatality Assessment and Control Evaluation (FACE) Program and the Division of Occupational Safety and Health (DOSH), WA State Dept. of Labor & Industries. The FACE Program is supported in part by a grant from the National Institute for Occupational Safety and Health (NIOSH grant# SU600H008487). For more information visit https://lni.wa.gov/safety-health/safety-research/ongoing-projects/work-related-fatalities-face.