

Ladder Safety



Choose the Right Ladder for the Job :

Consider the height of the working surface or access point.

- Extensions ladders must not be over extended
- Ladder must extend 3 feet past the access point
- Step Ladder should be high enough to work without standing on the top 2 steps

The ladder material should be appropriate for the job; wood, aluminum or fiber-glass.

- Don't use an aluminum ladder when working around electrical

Inspect the Ladder prior to use:

Inspection Items:

- Side rails and rungs for cracks or looseness
- Extension locks working properly
- No bent rungs
- No missing or loose hardware, rivets or bolts
- No grease, oil or paint that could causing slipping



Do...

- Climb & descend ladders cautiously
- Keep your body facing the ladder at all times, centered between the stiles
- Maintain 3-point contact—2 hands, 1 foot/1 hand, 2 feet
- Move the ladder to avoid overstretching
- Wear strong, flat shoes or boots, with dry soles & good grip

Do Not...

- Reach too far forward or sideways or stand with one foot on the ladder
- Use a ladder near power lines
- Place more weight on the ladder than it is rated for
- Stand on the top rung of a ladder



Consider the weight that will be placed on the ladder including tools and equipment

- Do not exceed the maximum weight rating for the ladder.
- Ensure the ladder has labels certifying compliance with ANSI (American National Standards Institute) and UL (Underwriters Laboratories).

Setting Up a Ladder:

- In a traffic area, use a barricade or guard to prevent collisions
- Lock or block any nearby door that opens toward you
- The area around the base should be kept un-cluttered (including tools)
- Ladder should be placed on a solid, level surface
- Step ladders should be fully opened with the spreaders locked
- Straight/Extension ladders should be placed at a 4 to 1 ratio - base of the ladder should be one foot away from the vertical surface for every 4 feet of height to the point of support
- Straight/Extension ladder will extend 3 feet above a landing



For questions contact
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