

# Ladder Safety

## How to Choose A Ladder

It is important to choose the right ladder for the job.

Some key points to consider when selecting a ladder include:

- Will it be used indoors or outdoors?
- Will it be used near or around a source of electricity?
- How much weight will be on the ladder including tools and materials?
- What obstacles might be in the way?
- What height(s) will you need to access?

## Safe Climbing Habits

- Maintain three points of contact with the ladder when climbing up or down
- Check the ladder before you use it for any defects or missing parts
- Wear closed toe shoes with nonskid soles
- Face the ladder when climbing up or down
- Carry tools in a tool belt

## Dos and Don'ts

**Misuse or abuse of a ladder can result in falls, serious injury, or even death. For your safety,**

### Don't

- Stand on the top step of a stepladder or the top rung of an extension ladder
- Lean or overreach to the sides of the ladder
- Place a ladder on an uneven surface or on top of another ladder
- Move the ladder while someone is standing on it
- Use a stepladder in a closed position

### Do

- Use a ladder that is rated for the weight of the user, materials, and tools
- Make sure the ladder will not come within 10 feet of energized power lines
- Make sure the ladder extends three feet above the point of support
- Secure the ladder and observe the 4:1 lean ratio
- Allow only one person at a time on a ladder

## Ladder Safety Checklist

Ladders are frequently used by many employees. Before you use a ladder, you can promote safety by checking whether the ladder is in good condition:

- The anti-slip safety feet are intact
- The ladder has not been painted to hide defects
- The weight capacity rating is listed on the ladder
- The siderails or steps are not warped, cracked, splintered, or bent
- Rungs, steps, and feet are free of slippery material (oil, grease, paint, mud)
- The spreader or locking device fully engages to secure the stepladder in open position

