



Ladder Safety

Improper use and care of ladders may result in accidents and serious injury. Frequent causes of ladder accidents include unsafe climbing and descending; ladder not secured; using a broken ladder; and over-reaching from the ladder.

- 1) When setting up a straight or extension ladder, use the following procedures to avoid injury:
 - a) Brace the base of the ladder against a stationary object so it cannot slip. Get help if you need it;
 - b) Grasp the top rung with both hands;
 - c) Raise the top end over your head and walk toward the base of the ladder, moving hands to grasp the rungs in the center to maintain stability;
 - d) When the ladder is erect, move it to the desired location and lean it forward against the resting point;
 - e) Footing should be firm and level. Precautions should be taken to secure the ladder if slippery conditions exist;
 - f) Extension or straight ladders used to reach an elevation platform or roof should extend at least 36 inches above the landing;
 - g) A straight ladder should be placed so there is one foot at the base for every four feet of length to the top support (i.e. 4 feet out for 16 feet elevation)
 - h) When adjusting an extension ladder, be sure the locking device is fully secured and hooked over the rungs before using the ladder.
- 2) All ladders should be tied, blocked, or otherwise secured to prevent movement. They should not be located in front of doors unless the door is blocked open, locked, or guarded.
- 3) Keep rungs and steps of ladders free from grease, oil, paint, snow, ice, mud or other slippery surfaces.
- 4) For a stepladder, be sure it is fully open and spreaders locked before using. Never climb higher than the step below the top of the stepladder. Never "walk" a stepladder while standing on it.
- 5) Both hands must be free when climbing or descending. Material should be hoisted to the work level.
- 6) Face ladders when going up or down.
- 7) Do not over-reach when on a straight or extension ladder. Move the ladder if the work is too far.
- 8) Never stand on the top three rungs of a straight ladder.
- 9) Two or more persons should not work on a ladder unless the ladder is specifically designed for this use.
- 10) Ladders should never be used for braces, skids or gangways.

- 11) Wood ladders should not be painted except the top step of stepladders may be painted to indicate that it is not to be stepped on. Wood ladders should be treated regularly a clear wood preservative.
- 12) Aluminum or wet wood ladders should not be used near open wiring since they are excellent conductors of electricity. Fiberglass Ladders will be used for Electrical Work.