Recipes for success with Ladder Safety

General

- Ladder safety begins with selecting the right ladder for the job and includes inspection, setup, proper climbing or standing, proper use, care, and storage
- Always check a ladder before using it
- When setting up a ladder, make sure it’s straight and sitting firmly on the ground or floor
- Keep the steps and rungs of the ladder free of oil, grease, paint, mud or other slippery material
- Always face the ladder when climbing up or down, using both hands to keep a good grip on the rails or rungs.
- Never carry heavy or bulky loads up a ladder.

Safety Rules

- Choose the appropriate type and size ladder for the job, including correct fittings, and safety feet.
- Set the ladder on solid footing, against a solid support.
- Place the base of a straight ladder out away from the wall or edge of the upper level about one foot for every four feet of vertical height.
- Be sure straight ladders are long enough so that the side rails extend above the top support point by at least 36 inches.
- Never try to increase the height of a ladder by standing it on other objects, such boxes or barrels, or by splicing two ladders together.
- Portable ladders should be tied, blocked or otherwise secured against movement.
- Keep ladders away from doorways or walkways, unless they can be protected by barriers.
- Keep the area around the top and base of the ladder clear.
- To avoid slipping on a ladder, check your shoes for oil, grease, or mud and wipe it off before climbing.
- Climb the ladder carefully, facing it and using both hands.
- Most ladders are designed to hold only one person at a time. Two persons may cause the ladder to fail or be thrown off balance.
- Don’t lean out to the side when you’re on a ladder. If something is out of reach, get down and move the ladder.
- Never overreach when using a ladder. If your shoulders are outside of the width of a ladder, you are overreaching and could cause the ladder to tip.
- Ladders should never be used sideways as platforms, runways or scaffolds.