



Ladder Safety



Did you Know?

Each year in the U.S. there are more than 164,000 emergency room treated injuries related to ladders?

Step Up to Ladder Safety by checking that ladders have all parts in good condition including:

- ❖ Slip-resistant steps or rungs
- ❖ Braces, bolts, screws, and spreaders
- ❖ Rope
- ❖ Safety Feet

TAG and TURN in any damaged or defective ladders. Position the ladder for steadiness with:

- ❖ Ground surface level
- ❖ Feet parallel to the wall at a distance that is equal to one-fourth the ladder length
- ❖ At least three feet above top support with top anchored, and bottom tied or held

Work cautiously on a ladder to prevent falls. Remember to:

- ❖ Allow one person only on a ladder, wearing shoes with clean, nonskid soles
- ❖ Face the ladder and hold both rails while climbing
- ❖ Carry tools on a belt or rope or hoist
- ❖ Stay below the top two stepladder steps or four top ladder rungs
- ❖ Work with body centered, one hand on rail, and tools in hanger or holder

WARNING

Don't use a metal ladder around electricity!!

