

LADDER SAFETY



Overview: There is no reason for anyone to get hurt, disabled, or killed while using a ladder... yet it happens every single day. Virtually every ladder accident could and should have been prevented. It only takes a bit of common sense and time to prevent an accident from occurring while using ladders.



Choosing a Ladder. Always select a ladder that is the correct length to safely reach the working height. Also, ensure that the ladder is of the correct duty or weight rating. The combined weight of the user, their tools, and materials should never exceed the rating of the ladder.

Check the condition of the ladder before use. Read all the labels on the ladder, then check for split or cracked side rails, missing or broken rungs, loose rungs, or other weaknesses. Also check for loose nails, bolts or screws.



Place the ladder with your safety in mind. Make sure the ladder has firm footing and that its feet are one-quarter the length of the ladder away from the upright surface to be climbed. Don't use a stepladder as a single ladder. If you are using a stepladder, make sure it is fully opened with the spreaders properly locked.



Climb the ladder carefully. Wear proper shoes with good soles and that are free of grease and mud. Always face the ladder. Use both hands when climbing up or down. If you don't feel well, don't climb the ladder. Always climb up and work from the center of the ladder. Never climb up the back side of a step ladder.



Never Overreach! Move the ladder instead. Remember to take good care of your ladders. When you are finished with your ladder, put it back where it belongs. Keep ladders clean and stored in a safe, dry place. Never paint a wooden ladder.