

## Ladder Safety

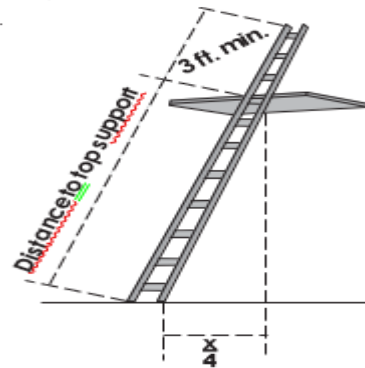
Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

1. Read and follow all labels/markings on the ladder. Never exceed maximum load rating. Be aware of ladder's load rating and weight it supports, including weight of any tools or equipment.
2. Avoid electrical hazards! – Look for overhead power lines and avoid metal ladder near power lines or exposed energized electrical equipment.
3. Inspect the ladder before use. Remove from service and tagged until repaired or discarded.
4. Use 3-point of contact (two hands and a foot, or two feet and a hand). Keep body near the middle of the step and always face the ladder  
(See diagram).



5. Use ladders and accessories (ladder levelers, jacks or hooks) for their intended purposes.
6. Ladders must be free of any slippery material on the rungs, steps, or feet.
7. Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.

8. Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
9. Use a ladder only on stable and leveled surface, unless it's secured (top or bottom) to prevent displacement. Do not place a ladder on boxes, barrels, or other unstable bases to obtain additional height. Do not move or shift a ladder while a person or equipment is on the ladder.
10. An extension or straight ladder used to access an elevated surface must extend at least 3 feet above point of support (See diagram). Do not stand on the three top rungs of a straight, single or extension ladder.



11. The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or another vertical surface (see diagram).
12. A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.