

SB063: Ladder Safety Guidelines for Climbing

Factors that contribute to falls from ladders include:

- Haste and sudden movements
- Lack of attention
- Overreaching
- Using unsafe climbing techniques, such as stepping above the recommended rung or positioning the body across the ladder

Practice safe climbing by:

- Being attentive to what you are doing and your surroundings
- Using towlines, a tool belts, or an assistant to convey materials so that your hands are free when climbing
- Climbing slowly and deliberately while avoiding sudden movements
- Never attempting to move a ladder while standing on it
- Keeping the center of your stomach between the ladder side rails when climbing (and while working)
- Do not overreach or lean while working so that you don't fall off the ladder sideways or pull the ladder over sideways while standing on it

The Three Points of Contact Rule

- The Three Points of Contact Rule minimizes the chance of slipping and falling from the ladder
- The climber should face the ladder and have two hands and one foot, or two feet and one hand in contact with the ladder at all times



Source: ALI



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