

5 Basic Rules For Ladder Safety



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1 Use the Right Ladder for the Job

- Choose a ladder that has the proper load capacity for the job.
- The ladder must be long enough to work from without using the top 3 feet.



2 Inspect the Ladder Before and After Use

- Check the ladder's stability.
- Ensure that all screws, bolts, and hinges are tight and that the base of the ladder is secure.
- Look for loose or damaged rungs, steps, side rails, supports, and any other structural damage.
- Check for any dirt, grease, or paint that could cause slips and falls.
- Remove ladders with structural damage from service.
- Your ladder should not be in close proximity to electrical wiring.

After Use:

- Check for any new structural damage to the steps, side rails, rungs, and supports.
- Check for any bends and any loosened screws, hinges, and bolts.
- Recheck the ladder's stability.



3 Set the Ladder Up Correctly

- When using a portable ladder, make sure it is placed on a level surface and that it has non-slip base pads.
- Protect the base of the ladder with a barricade in high traffic areas.
- Lock or block any nearby doors that open toward you.
- Ensure that a stepladder is fully opened before use.
- A straight ladder should be placed at a four-to-one ratio.



4 Climb and Descend the Ladder with Caution

- Stay near the middle and face the ladder while holding onto the side rails with at least one hand when climbing or descending.
- Carry your tools on a belt or hoist.
- Always keep at least three limbs on the ladder.
- Look for overhead power lines before handling or climbing a ladder.



5 Be Safe and Use Common Sense When Using a Ladder

- Do not lean outside the ladder rails.
- Keep the ladder and the surrounding area free of clutter.
- Never use a ladder for something other than its intended purpose. Never use a ladder horizontally like a platform.
- Do not carry loads that prevent using at least one hand on the ladder.
- Do not stand on the top step or the top cap.
- Do not overload your ladder.
- Do not place a ladder on boxes, barrels, or other unstable bases.
- Do not move or shift a ladder with a person or equipment on the ladder.

