



LADDER SAFETY

Nearly 1 in 4 FATAL FALLS in construction involves LADDERS. BLS data 2015

Over 1 in 3 FATA FALLS in construction happen from 15ft or less. BLS data 2015

USE RIGHT LADDER FOR THE JOB

Step ladder: Shouldn't have to stand on the top two steps.

Extension ladder: Shouldn't have to stand on the top four rungs.

Capacity: The ladder must be able to support the weight put on it.

SET UP LADDER CORRECTLY

- Always set your ladder up on a firm level surface and secure the base.
 - Ensure ladder is clear of mud, ice, grease or any other substance on it that could create a slip hazard.
 - Use ladder attachments such as stabilizers, leg levelers, and products such as the [Safe-T Extension System](#) to increase safety and stability.
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INSPECT LADDER BEFORE EACH USE

- Before each use inspect the ladder components: steps, rungs, side rails, locking devices, feet etc for any defects or damage.

If a ladder is NOT SAFE: Tag it "DO NOT USE" & remove it from service.

EXTENSION LADDER ANGLE

4:1 Rule: base of the ladder must be 1 foot from the wall for every 4 feet of height (base to support point). ***If you stand at the base of the ladder with your arms extended outward, you should be able to touch the ladder with the tips of your fingers.*

3 FOOT RULE FOR EXTENSION LADDERS

When extension ladders are used for access to an upper landing surface, the ladder side rails shall extend at least **3 feet above the upper landing surface.**

CLIMBING AND DESCENDING

- Always face the ladder while climbing up or down.
- **USE 3 POINTS OF CONTACT AT ALL TIMES!**
- Wear a tool belt or have someone assist handing your tools up to you while working on a ladder.
- If you have to reach out to get to your work, get down and reposition the ladder.
- Don't let any ladder contact live wires or other sources of electricity. A fiberglass ladder should be used, never a conductive ladder (aluminum).