

Ladder Quick Tips

- **Only one person** at a time should use the ladder.
- **Work with your body centered** between the rails of the ladder and with your weight distributed evenly.
- **Never stand** on the top two rungs of a straight or extension ladder, or use the top step, bucket shelf or rear side of a stepladder.
- **Climb down** a ladder before moving it. Never "walk" a ladder from one spot to another.



- **Ask a buddy** to hand equipment to you while you keep three points of contact with the ladder. Don't carry equipment or tools while climbing.
- **Always face** the ladder when climbing up and down.
- **Never use** a ladder as a horizontal platform, plank, scaffold or material hoist.
- **Avoid overreaching.** Move the ladder as needed for easy reaching.

USING AN EXTENSION LADDER?

For each 4 feet of height between the ground and the work area point of contact (wall, ledge or roof), move the base of the ladder out 1 foot. For example, place the base a 16-foot ladder 4 feet from the wall.



Ladder Lessons

1. Choose the right ladder for the job

2. Set up ladders properly

3. Move the ladder to your work; don't reach

Before You Climb

Tens of thousands of serious injuries involving ladders occur each year. Help prevent them by following these steps. **Ladder lessons:**

- **Read the manufacturer's instructions** for maximum load rating and other guidelines.
- **Select the right ladder** for the job. For example, don't use a metal ladder around power lines or electrical wiring.
- **Choose a ladder that is tall enough** ... it should extend a minimum of 3 feet past the roofline or work area.
- **Choose a ladder that has slip-resistant feet** and a spreader or locking device to hold it securely.
- **Inspect the ladder** before you use it. Never climb a ladder that is poorly maintained, dirty, shaky or slippery. Check the ladder for cracks and splits, and make sure all rungs and hardware are tight and secure.
- **Place the ladder** on a flat, level surface. Don't use an unstable base, such as a box or blocks, to extend the ladder's reach.
- **Don't** place a ladder in front of an entryway or door.
- **Place the base** of the ladder 1 foot away from the wall for every 4 feet of ladder length or contact height.
- **Clean debris** from your shoes before using the ladder, and wear shoes with slip-resistant soles.



REMEMBER 3 POINTS OF CONTACT:

*When you're on a ladder, remember:
2 feet + 1 hand or 2 hands + 1 foot
should be in contact with the ladder at all times.*