# **Ladder Safety**

#### Introduction

Most of us use ladders from time to time--at our worksites, in the office, or at home. Yet few of us stop to review the basic rules for working safely with ladders. The following safety guidelines can help anyone who works with ladders prevent accidental falls, injuries, and disability.

## **Step Ladders**

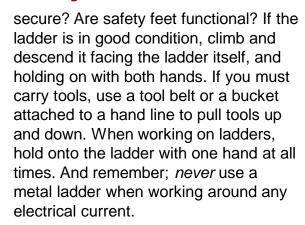
When working on step ladders, remember never to climb past the second rung from the top. If your ladder is positioned by a door or walkway, make sure that the door is locked or the walkway barricaded to prevent collisions. Do not overreach while working on a step-ladder-reposition the ladder to avoid leaning over the base of support.

## **Straight Ladders**

When working on straight ladders, use the four-to-one rule: position the ladder base one foot away from the wall for every four feet of ladder height (up to the support point). Never climb past the third rung from the top on a straight ladder. A straight ladder should extend at least 3 feet past its support point. Tie down your ladder as close to the support point as possible. Make sure that straight ladders have safety feet. To avoid overreaching, do not let the trunk of your body extend past the side of the ladder.

### **General Guidelines**

Persons who work on ladders should wear slip resistant footwear, and make sure that ladder rungs are free of oil, grease, or other slippery substances. Before climbing any ladder, check its condition. Are nuts and bolts tightened? Are rungs



#### **Prevent A Fall**

By using these tips for ladder safety, you can help prevent accidental falls, injuries, and disability. All of us use ladders from time to time, so ladder safety should be everyone's concern.

Safety Meeting Sign-In				

