

Ladder Safety

Nearly everyone is called on to perform tasks that require reaching where one cannot normally reach. When this happens, use a step ladder and NEVER stand on a swivel chair, stool, desk, or other object in place of a ladder. Always use a step ladder or stool to reach any item above your extended arm height. Never use a makeshift device as a substitute for a step ladder. Serious fall injuries are prevented when the proper tool is used to reach for out of reach items.

Keys To Using a Step Ladder

- Be constantly aware of where you are and what you are doing. Many injuries have occurred because ladder users were not paying attention.
- Avoid placing ladders in walkways. Secure a ladder if its location could cause an accident.
- Keep areas around ladders clean and free of debris.
- Never use a stepladder that is too long or too short for what you are going to work on.
- Never use a metal stepladder near electrical sources.
- Do not load a ladder above its intended weight capacity.
- Don't use stepladders as straight ladders (i.e., leaned against the wall.)
- Don't tie ladders together to make a longer ladder.
- Face the ladder when ascending or descending.
- Grip the rails with both hands whenever possible.
- Always use the 3-point contact rule (i.e., always have one hand and both feet in contact with the ladder, or one foot and both hands.)
- Keep your belt buckle within the side rails to ensure against over-reaching. Move the ladder if you have to get to something beyond your normal reach.
- Never allow more than one person on the ladder at any given time.
- Do not try to move the ladder while you are still on it, and do not allow anyone else to move a ladder while it is still occupied.
- Wear proper shoes for climbing a ladder.
- Don't carry tools in hand. Use a window cleaner's tool belt, or belt designed for the ladder work.

Use Common Sense

When using a stepladder, open it fully, place it on a solid surface, and make sure the spreaders are locked into position. Do not stand on the top two rails, and never stand on the back section. Place ladders on slip-free surfaces even if they have slip-resistant feet. Secure the ladder if a slip-free surface is not available. Clean up any spills, debris, or anything else in the work area that could potentially affect the base of the ladder.



Working Near or Around Doors

If you have to use a ladder near a doorway, take one or more of these precautionary steps to make sure nobody comes through the door and knocks you from the ladder: lock the door, put up barricades, secure the ladder, and/or have somebody stand watch to warn others that a ladder is in use.

Before Each Use, A Step Ladder Must Be Inspected For The Following

- Missing, Worn, Damaged Anti-Slip Feet
- Items Stuck in the Feet
- Oil, Grease, or Mud on Rungs & Sides
- Cracks in the Rungs & Sides
- If the Rungs are Broken, Missing, or Loose
- Moving Parts Must Operate Freely
- The Metal Spreader Must Be In Good Condition & Working