



PLAYING IT **SAFE**

Be safe and healthy on the job at with these helpful tips provided by Cool Insuring Agency, Inc.

Ladder Safety

Tips for climbing with caution

The Bureau of Labor Statistics (BLS) reports that falls from ladders are one of the most common injuries suffered by American workers each year. Most of these incidents occur because victims violate the basic rules of ladder safety. To help prevent ladder injuries on the job, be sure to practice the following safety tips.

Set Up Safely

- Make sure you select the right ladder for the job—check the length and duty rating. Proper length is a minimum of three feet extending over the roofline or working surface.
- Metal ladders conduct electricity; use a wooden or fiberglass ladder near power lines or electrical equipment.
- Inspect your ladder before each use for loose or damaged steps/rungs, spreaders, safety feet, etc.
- Clear the area where you will be setting up—don't place a ladder in front of a door that isn't locked, blocked or guarded.
- Check that all locks on extension ladders are properly engaged.

- Place your ladder on a steady surface (not a table, truck, etc.). The ground underneath should be level and firm—if working on uneven or soft ground, stabilize it with large, flat wooden boards braced underneath the ladder. Straight, single or extension ladders should be set up at about a 75-degree angle.

Use Caution

- Always use caution when using a ladder—they are tools. Don't use a ladder for any other than the intended purpose. Follow instruction labels regarding proper use.
- Take your time. Don't be in a rush to finish a job.
- Make sure the weight that your ladder is supporting doesn't exceed its maximum load rating (including yourself and your materials) and only one person should be on a ladder at a time.
- Keep your body centered between the rails of the ladder at all times. Don't lean too far to the side while working.
- Don't step on the top step or bucket shelf, or attempt to climb or stand on the rear



Step Safely

Ladders pose special safety hazards, but by following proper safety guidelines, worksite injuries and deaths caused by ladder misuse can be significantly reduced.

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section of a stepladder.

- When done with your job, store your ladder in a safe, dry place.
- Never leave a raised ladder unattended.
- Don't over extend your reach; rather, reposition the ladder.
- Step down from a ladder if you feel tired or dizzy.

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