

TAKE A MINUTE FOR YOUR SAFETY

LADDER SAFETY - DOS AND DON'TS

Dos:

- Inspect your ladder prior to use. Check rails and rungs for damage. Ensure step ladders have two spreaders that function properly. Ensure the fly section of the ladder extends and locks into place. Discard and destroy any damaged ladder.
- Make sure feet are on a level and stable surface and that spreaders are fully extended and locked into place (step ladders).
- Identify and stay at least 10 feet from energized electrical conductors.
- Always maintain three points of contact. Either two hands and one foot or two feet and one hand. Always face the ladder.
- Follow the “belt buckle” rule. Ensure that your belt buckle area stays between the rails of the ladder and never past the top rung. This keeps your center of gravity between the rails and prevents overreaching.
- Ensure that the ladder is rated to support the weight of the user.
- Utilize the 4:1 rule. For every 4 feet of elevation, move the base of the ladder 1 foot away from the wall.
- Ladders should extend 3 feet from the leading edge and the top should be secured to keep it from tipping.

Don'ts:

- Don't use a step ladder like an extension ladder. For example, do not lean it against the wall without the legs open and spreaders fully extended.
- Don't carry anything in your hand(s) while climbing up or down a ladder. Remember, three points of contact.
- Never stand on the top two rungs of a step ladder. Remember the belt buckle rule.
- Never use a ladder made of conductive material (aluminum) anywhere near energized electrical conductors or equipment.
- Never place and use a ladder in front of a doorway. If you must, place barricades, warnings and spotters to ensure the user's safety.



TAKE A MINUTE FOR YOUR SAFETY SIGN-IN SHEET

COUNTY/AGENCY: _____

DATE OF TRAINING: _____ PRESENTER: _____

TOPIC(S): _____

Print Name

Signature

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