

Ladder Safety

The Consumer Product Safety Commission reports that each year more than 511,000 people are treated in hospital emergency rooms, doctors' offices and clinics and other medical settings because they failed to use ladders safely. Most of the injuries are cuts, bruises and fractured bones.

However, more than 300 people a year die from injuries related to ladders-that's almost one death per day.

- Do not use ladders with structural defects; properly tag with "Do Not Use" and withdraw from service.
- Use only non-conductive side rails around live electrical equipment.
- The ladder should reach at least three feet above the landing.
- Extension ladders shall be kept from slipping or tipping by tying off the ladder at the top and securing the ladder at the bottom.
- Whenever possible, angle out the base one-fourth of the ladder's working length.
- Barricade traffic areas in the vicinity of ladder use, and lock, barricade or guard doorways in which the ladder is placed.
- Keep the area around the top and bottom of the ladder clear.
- The area around the top and bottom of ladder must be kept clear.
- Face the ladder while climbing and use both hands. Lift equipment and materials with a rope specifically for that purpose. Don't carry the equipment up a ladder with one hand. Carry smaller tools in pouches around the waist.
- Do not load the ladder beyond it's maximum intended load...this includes tools + person.
- Never allow more than one worker on the ladder at a time.
- Do not move, shift, or extend the ladder while you are standing on it.
- Never walk a ladder.
- Do not use top 2 steps of a ladder.
- The soles of your shoes should be clean so they don't slip off the ladder rungs. Don't wear leather-soled shoes-they can be slippery. Your shoelaces should be securely tied. Make sure your shoe-laces and pant legs are not so long that they extend under your shoes and cause you to slip.
- Carry ladders parallel to the ground.
- Never use a ladder for any purpose other than the one for which it was designed.

Make sure that all parts are in good working order, and all rivets, joints, nuts and bolts are tight.



Use the 4-to-1 rule when setting up a ladder.

