STEPS FOR LADDER SAFETY

FOLLOW THESE 10 STEPS TO MAXIMIZE YOUR SAFETY WHILE WORKING WITH LADDERS.

- 1. Make sure the ladder can support your weight and the load you're carrying by checking it's maximum load rating.
- 2. Place straight ladders against the wall at a 75° angle or 4:1 ratio. For every 4 feet up, move the ladder 1 foot away from the wall.
- 3. Select a safe ladder for the job- never use a metal ladder for electrical work, near power lines or other electrical hazards.
- 4. Never stand on the top two rungs of the ladder.
- 5. Center your body over the ladder. Avoid leaning or reaching while on the ladder.
- 6. When using a straight ladder, make sure it extends 3 feet above the ledge or roof.
- 7. Always place the ladder on a firm, flat surface. Ensure that both safety feet are securely in place.
- 8. Make sure ladder is fully open and spreaders are completely expanded before use.
- 9. Make sure rungs are clear of mud and grease.
- 10. Hold onto the ladder with two hands and use a tool belt to carry tools.



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