

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.