

PREVENT FALLS WITH SAFE LADDER HABITS.

There are over 500,000 injuries and 300 fatalities in the US each year from ladder-related accidents, according to the CDC.

Ladder safety was the 6th most frequently cited OSHA violation in 2018.

Only use ladders on level, stable surfaces. If your task requires staying on a ladder for more than 30 minutes, try to find a safer alternative.

If your task requires the use of the ladder, be sure to follow proper ladder safety steps.

FALLS ARE PREVENTABLE WITH SAFE LADDER PRACTICES!



STEPS FOR LADDER SAFETY

MOST LADDER RELATED INJURIES COULD BE PREVENTED WITH PROPER LADDER SAFETY STEPS, ACCORDING TO OSHA.

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

1. Make sure the ladder can support your weight plus the load you are carrying by checking the ladder'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 or 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 and 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 and ensure that both safety feet are securely in place.
8. Make sure ladder is fully open and spreaders are completely expanded before use.
9. Clean mud and grease from the ladder rungs and your shoes before climbing the ladder.
10. Hold on the ladder with two hands and use a tool belt to carry tools—50% of ladder accidents involve workers trying to climb while holding tools.

FOR MORE LADDER SAFETY INFORMATION, VISIT
[OSHA.GOV/LAWS-REGS/REGULATIONS/STANDARDNUMBER/1926/1926.1053](https://www.osha.gov/LAWS-REGS/REGULATIONS/STANDARDNUMBER/1926/1926.1053)

LADDER INSPECTION

STOP ACCIDENTS BEFORE THEY HAPPEN BY INSPECTING YOUR LADDER BEFORE EACH USE.

Inspect ladders for damage before each use. If any part of the ladder is missing, damaged, or broken, immediately remove it from service and clearly label it as out of order.

- Rungs
 - Rung treads
 - Feet
 - Locks
 - Guide brackets
- Be sure to check for:**
- UV Damage
 - Cracks
 - Paint, etc that may hide damage

LADDER CARE AND STORAGE

PROPER STORAGE AND CARE OF LADDERS CAN REDUCE THE RISK OF ACCIDENTS.

- Store ladders in a dry place—avoid exposure to heat or moisture.
- Rest ladders on support racks during storage.
- Clean off any grease, mud, oil, or other debris prior to use.
- Tie down ladders securely during transportation to avoid damage.

REMEMBER THE 3 POINT RULE!

Always keep three points of contact on the ladder: 1 hand and both feet while working, and both hands while climbing.



