

Five Rules of Ladder Safety

Rule 1: SELECT THE RIGHT LADDER FOR THE JOB

Be sure the ladder is long enough to work from comfortably

RULE 2: INSPECT THE LADDER BEFORE YOU USE IT

Any ladder can develop a problem that can render it unsafe. Each time you use a ladder, inspect it for loose or damaged rungs, steps, rails or braces.

RULE 3: SET UP THE LADDER WITH CARE

No matter how safe the ladder is, if it is placed in a dangerous location or set up improperly an accident is bound to happen. The area around the base should be kept uncluttered and the ladder should be set on a solid, level surface. Straight ladders should be placed on a four to one ratio. This means the base of the ladder should be one foot away from the wall or other vertical surface for every four feet of height to the point of support.

RULE 4: CLIMB AND DESCEND LADDERS CAUTIOUSLY

Always face the ladder and hold on with both hands. If you need tools, carry them in a tool belt or raise and lower them with a hand line. To avoid slipping, always check the rungs and the bottoms of your shoes for slippery substances.

RULE 5: USE COMMON SENSE WHEN WORKING ON A LADDER

Always hold on with one hand and never reach too far to either side or to the rear.

To maintain your balance, keep your belt buckle between the ladder rails. Climbing too high can also lead to accidents, so never climb higher than the second step from the top on a step ladder or the third from the top on a straight ladder.

