

Working Safely with Ladders

Step Up to Portable Ladder Safety

CHOOSE a ladder tall and strong enough for the job.

CHECK that ladders have all parts in good condition, including:

- Slip-resistant steps or rungs
- Braces, bolts, screws, and spreaders
- Rope
- Safety feet

TAG AND TURN IN any damaged or defective ladder.

POSITION the ladder for steadiness with:

- Ground surface level
- Feet parallel to the wall at a distance that is equal to one-fourth the ladder working length
- At least 3 feet above top support with top anchored, and bottom tied or held

WORK cautiously on a ladder to prevent falls. Remember to:

- Allow one person only on a ladder, wearing shoes with clean, nonskid soles.
- Face the ladder and hold on with at least one hand at all times while climbing.
- Carry tools on a belt or rope or hoist.
- Stay below the top two stepladder steps or four top ladder rungs.
- Work with body centered, one hand on rail, and tools in hanger or holder.

WARNING: Don't use a metal ladder around electricity!!

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