

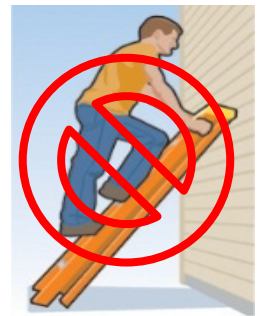
Learning and applying ladder safety techniques can reduce the likelihood of injury whether you're using a ladder at work or at home.

#### **Choose the Right Ladder:**

- 1) Choose the style of ladder needed. (e.g. extension ladder, stepladder, step stool)
- 2) Select the appropriate ladder height.
  - For an extension ladder, add 7 to 10 feet from the highest support or contact point.
  - For a stepladder, the maximum reaching height for a typical person is 4 feet above the height of the stepladder.
- 3) Select the appropriate ladder duty rating.
  - Duty rating is the maximum intended load which includes all weight on the ladder (e.g. person's weight, tool weight, material weight).
- 4) Choose the proper ladder material.
  - Fiberglass
    - For working around electricity
  - Aluminum

#### **Inspection, Setup, Storage, & Ladder Use**

1. Pre-use Inspection
  - Inspect the ladder for major structural defects such as broken or missing rungs, cracked side rails, corroded components, or other faulty or defective components
  - If the ladder fails inspection, do not use the ladder.
    - Return the ladder to the tool room for repair or disposal.
2. Setup
  - Setup on a stable and level surface.
    - Do not stack objects under ladder legs to level the ladder.
    - Use a leveling device if necessary.
  - Avoid high traffic areas.
    - If unavoidable, use barricades or an additional person to help re-route traffic.
  - Set up stepladders at an angle to the work, as this allows you to put your Best Foot Forward while maintaining your Line of Strength and Balance.
  - Set up an extension ladder with the base 1' away from the wall for every 4' the ladder reaches to create a 75 degree angle.
  - An extension ladder needs to extend 3 feet above a roofline or working platform.
  - Fully open a stepladder and firmly lock both spreaders. Never climb a closed stepladder.
3. Storage
  - Keep ladders in a sheltered area away from heat, weather, and corrosive materials.



4. Use

- Keep your belt buckle in between the side rails to make sure your body is centered.
- When ascending and descending, face the ladder.
- Use three points of contact when climbing.
- Highest standing level on a stepladder is two steps down from the top.
- Highest standing level on an extension ladder is four rungs from the top.
- Never climb a ladder during rain or strong winds or if there's a chance of lightning.



**Chairs, Desks, Tables are Not Ladders**

Chairs are meant to be sat upon...desks, tables, and counters are meant to be worked upon... do not stand on desks, tables, counters, or chairs.

- Chairs with wheels can come out from under you if you stand on them.
- Chairs, tables, and desks can tip easily when your weight is shifted in a particular direction.

Use a step stool or stepladder. If you don't have a step stool or stepladder, find out where the nearest one is stored and how to access it.

**Step Stool Use**

- Place the step stool level on the ground, as near as possible to the object you are trying to reach.
- Make sure folding step stools are fully open / extended and locked into position.
- Brace yourself by putting a hand on a nearby wall while ascending or descending the step stool.
- Do not lean over to reach for or pick up an item as this can cause you to lose your balance.
- If you need to stretch or go up on your tip-toes while on a step stool... you need a ladder.
- Step stools should have non-slip treaded steps and angled rubber leg tips for stability.
- Never use step stools that are in need of repair. Observe capacity ratings.