

LADDER SAFE WORK PRACTICES

Safe work practice when using a ladder:

- **Read and Follow Labels:** Follow all labels and markings on the ladder.
- **Avoid Electrical Hazards:** Check for overhead power lines and avoid using metal ladders near electrical equipment.
- **Inspect Ladder Before Use:** Remove any damaged ladders from service, tag them, and repair or discard as needed.
- **Maintain 3-Point Contact:** Always have two hands and a foot or two feet and a hand on the ladder when climbing.
- **Stay Centered and Face Ladder:** Keep your body centered and always face the ladder while climbing.
- **Use Proper Accessories:** Only use ladders and accessories for their intended purposes.
- **Keep Ladder Clean:** Ensure rungs, steps, and feet are free of slippery materials.
- **Avoid Misuse of Step Ladder:** Do not use a step ladder as a single ladder or partially closed.
- **Do Not Use Top Rung:** Unless designed for that purpose, avoid using the top rung as a step.
- **Place on Stable Surface:** Use ladders only on stable, level surfaces unless secured to prevent displacement.
- **Avoid Improvised Height:** Do not place ladders on boxes, barrels, or unstable items to gain height.
- **Do Not Move Ladder While Occupied:** Never shift or move a ladder with a person or equipment on it.
- **Ensure Proper Ladder Height:** Extension ladders should extend at least 3 feet above the elevated surface.
- **Set Proper Angle:** Position ladder base one-quarter of its working length from the support wall.
- **Secure in High-Traffic Areas:** Secure ladders in high-traffic areas or use a barricade to prevent displacement.
- **Check Extension Locks:** Ensure all locks are properly engaged on an extension ladder.
- **Observe Load Rating:** Do not exceed the maximum load rating, including tools and equipment weight.

These practices enhance safety and help prevent ladder-related accidents.