

Ladder Safety

- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.

- Always maintain 3-point contact (two hands and a foot, or two feet and a hand) while climbing. Keep your belt buckle between the side rails and always face the ladder while climbing.

- Ladders must be free of any slippery material on the rungs, steps or feet.

- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.

- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.

- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.

- Do not move or shift a ladder while a person or equipment is on the ladder.

- 4 to 1 Rule- The bottom of the ladder should be 1 foot away from the wall for every 4 feet that the ladder rises. For example, if the ladder touches the wall 16 feet above the ground, the feet of the ladder should be 4 feet from where the ladder touches the roof.



An easy way to estimate this angle is to put your toes at the ladder base and extend your arm. Your hand should just reach the ladder rungs. If the rungs are too close to you, the ladder angle is too steep. If the rungs are too far from you, the ladder angle is too broad.



- Make sure to extend the side rails at least 3 feet above the upper level. This allows you to move safely from the ladder to the landing. Be sure that all locks on an extension ladder are properly engaged.

