

# Ladder Safety

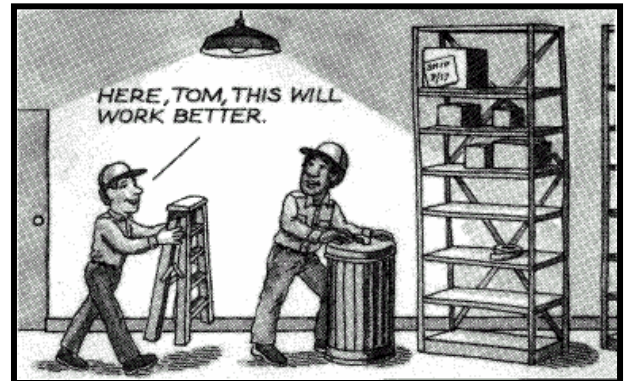
## ***Before climbing any ladder, check its condition...***

- ◆ Nuts and bolts tight?
- ◆ Rungs secure?
- ◆ Spreaders working?
- ◆ Safety feet working right?

## ***Before you climb, check these basic rules for ladder safety...***

### **Stepladders**

- ◆ Make sure the spreaders are locked open before climbing.
- ◆ Make sure nearby doors are locked or walkways barricaded to prevent collisions.
- ◆ Never overreach while working on a stepladder. Move the ladder instead.
- ◆ Never climb above the second rung from the top.



### **Straight Ladders**

- ◆ Always use the 4-to-1 rule: Position the base of the ladder 1 foot from the wall for every 4 feet of the ladder's height up to the support point. **Example:** The base of a 16-foot ladder should be 4 feet from the wall.
- ◆ A straight ladder should extend at least 3 feet past its support point.
- ◆ Tie down your ladder as close to the support point as possible.
- ◆ Use only straight ladders that have properly functioning safety feet.
- ◆ Never climb past the third rung from the top on a straight ladder.
- ◆ Never overreach: The trunk of your body should not extend past the side of the ladder.

### **All Ladders**

- ◆ Always wear slip-resistant footwear.
- ◆ Keep the ladder rungs free of oil and grease.
- ◆ Always go up and down facing the ladder, holding on with both hands.
- ◆ While working, hold on to the ladder with one hand at all times.
- ◆ Use a tool belt or a bucket attached to a hand line to pull tools up.
- ◆ Never use a metal ladder when working with electrical current.

