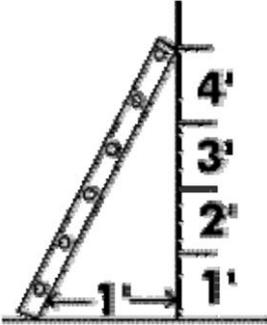




## LADDER SAFETY



**Non Self-Supporting Ladders-** Move the base of the ladder out 1' for every 4' of elevation



**Metal Ladders-** Must have skid resistant rungs.



**Safety -** Always face forward and have one hand grasped on the ladder

Often we overlook the potential hazards associated with the tools we use on a daily basis. This is true for ladder use across the work site and within general industry.

With this quick refresher, we will break down when a ladder is needed, how to properly use a ladder, along with other general ladder safety precautions.

### When is a ladder needed?

- A ladder is required anytime there is a break in elevation of 19 inches or more.

### Set-Up:

- Selection- Choose the correct ladder for the job.
- Nonconductive side rail ladders– Are strongly recommended and should always be used when there is a potential for the person working on the ladder to come into contact with energized electrical equipment..
- Never fasten two ladders together to provide a longer section unless both ladders are specifically designed to do so.
- Inspect- ladder for structural integrity before use (discard or professionally repair any broken ladders).
- Rungs- all ladders must have parallel, and uniformly spaced rungs.
- Metal ladders must have skid-resistant rungs \*see photo/ wooden ladders may not be coated in any opaque coverings.
- Foldout ladders- must have a metal spreader or locking device to hold the ladder open.
- Secure or barricade off all ladders placed in high traffic areas (doorways, active passageways, driveways, active construction sites).
- Level– place ladder on level surface
- Angle-
  - Portable, non-self-supporting ladders– use four to one rule. \*See Illustration

### Proper Use of a ladder:

- Always face forward and have one hand grasped on the ladder when climbing up or down.
- Keep ladders free of oils/grease and other slipping hazards.
- Don't shift, move or extend a ladder while in use.
- Don't load ladder beyond the maximum intended load or manufacturer's rated capacity