

## Ladder Safety

There are over 100,000 ladder related injuries every year in the United States. Work related falls from ladders result in approximately 115 fatalities and roughly 17,000 series injuries annually. It is important that we give our job full attention when working with ladders, as well as doing a proper inspection of your ladder and work environment.

### **Select the Right Ladder:**

Be sure to select the right ladder for the job. You will want to make sure it is the right height and nonconductive when working with electricity.

### **Never Assume a Ladder is Safe:**

Be sure to check the safety of a ladder for yourself. This includes the footing, steps, legs, supports, cracks, worn or slippery treads, or missing rubber feet.

### **Ladder Setup:**

Always check the surface area of where you plan to use a ladder. The area should be dry, even, and clear of obstacles. Never lean a ladder against something unstable or place it in front of an unguarded or unlocked door.

### **Four-To-One Rule:**

When using an extension you should always place the ladder with its base one foot away from the wall for every four feet in height. (Ex. A 20 foot ladder should be 5 feet away.  $20/4=5$ ). You should also secure the ladder to ensure that it is stable.

### **Damaged Ladders:**

If there is damage found on the ladder during the inspection, you will have to mark it "Do Not Use" and dispose of it. You are not able to make repairs to a ladder, unless it is for the safety feet or the rope of an extension ladder.

### **Ladder Safety Rules:**

Here are some simple rules to remember when using a ladder.

- Maintain ladders free of oil, grease and other slipping hazards
- Do not load ladders beyond their maximum intended load
- Use ladders only for their designed purpose
- Always keep three points of contact
- Use ladders only on stable and level surfaces
- Keep areas clear around the top and bottom of ladders
- Do not reach when on a ladder, instead climb down and move the ladder
- Do not move, shift, or extend ladders while in use