



Injuries in the workplace involving ladders are all too common. Falls from ladders can be as painful as a fall from a roof.

About a third of all reported total falls are from ladders. Many of the fall related injuries result from the improper use or a defective ladder.

Step/extension ladders are made to access/egress upper levels, not to be used as work platforms. There are specifically designed ladders for use as work platforms. These ladders are constructed with a small platform and guardrail.

Recommendations: • **Inspection**

- Look for missing or loose cleats at the bottom.
- Look for loose or missing screws, bolts or nails on job made ladders
- Look for cracked, broken, split, dented or badly worn rungs, cleats or side rails.
- Splinters on wood ladders.
- Corrosion on metal ladders.

Ladder Use:

- Always use the right ladder** for the right job.
- Don't set** your ladder in a walkway or door opening.
- Keep the area** at the top and bottom of the ladder clear of tool cords, tools, material, and garbage.

- Always set the ladder** on solid footing.
- Use a twenty-five percent (25%)** angle on the slope of the ladder.
- When using extension ladders, **the three (3) top rungs must extend** beyond the landing platform. (Or the top of an extension ladder must be 36" (3 feet) above the landing.
- Don't lean to the side** when on a ladder or you may tip over.
- Do not carry tools or materials on a ladder.** Use both hands when climbing a ladder to grab onto the side rails. If it is necessary to move material or tools up a ladder, first climb up, then pull up the work with a hand line.
- Only one person on a ladder at a time** (unless the ladder is double cleated).
- Always secure** the top of the ladder to prevent it from sliding.
- Never lean a step ladder;** always fully open a step ladder.
- Always face** the ladder.

Remember:

Always tie off the ladder. That way, it stays where you put it.

When you are on a ladder, you can fall.
If you can fall, you can get hurt.

Use your ladder safely.