



STEP LADDERS/SAFETY TRAINING

According to OSHA, falls from portable ladders are one of the leading causes of occupational fatalities and injuries.

REACHING BEYOND THE RAILS

If you cannot reach your target area from that position, do not stretch. Use a ladder, climb down and reposition the steps to maintain ladder safety.

Before stand on tiptoes, choose a proper ladder:

- ✓ Choosing a ladder that is too short or tall for your height or project can tempt you to stand on tiptoes or bend down to reach the work area, which could destabilize the ladder and cause a fall.
- ✓ When choose for ladders, remember to select the right one according to your height.
- ✓ Set it up on solid, level, non-slick surfaces that allow all the feet to make contact with the ground or floor.
- ✓ Follow this formula when using an extension ladder: Place the ladder one foot away from the supporting structure for every four feet of ladder length.
- ✓ Whether you are climbing up, coming down, or standing on a ladder, always maintain three points of contact with it—either two feet and one hand or two hands and one foot—to keep your balance.



Remember these important safety precautions when working with step ladders:

- ✓ Always visually inspect all step ladders before use for any defects such as: missing/broken rungs, bolts, cleats, screws and loose components. Remove defective ladders from service immediately.
- ✓ Use the right ladder for the job.
- ✓ Always read the ladders warning labels and follow the manufacturer's recommendations for use.
- ✓ Only use a ladder that is rated to support the weight of your body and your tools/equipment.
- ✓ Make certain that the ladder is not loaded beyond the maximum intended load.
- ✓ Never use one side of a disassembled step ladder as an extension ladder.
- ✓ Never attempt to repair a ladder! Do not use wire, screws, bolts, duct tape or electrical tape as a way to fix the ladder; instead tag it and remove it from service.
- ✓ Never stand on the top rung or step of the step ladder. This makes the ladder very unstable and prone to tip over!
- ✓ Never face away from the step ladder! This can easily cause you to fall!
- ✓ Never overreach on a step ladder!
- ✓ Do not move or shift a ladder while a person or equipment is on the ladder. This could cause the materials or person to fall and cause serious injury.