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­  **Ladder Safety**

***Set Up and Use of a Ladder***

A major cause of falls from ladders is improper set-up. Many accidents can be avoided with common

sense and good work practices. Using proper set-up techniques will give your ladder maximum stability

and help ensure your safety.

**PREPARING TO USE A LADDER**

• Look above for any overhead wires or obstructions.

• Use non-conductive ladders for all electrical work.

• Clear any clutter from the area around the base of the ladder.

• Block off the area around the ladder so people and equipment

won’t knock you off the ladder.

• If there’s a door nearby, lock it, block it off, or station someone

to watch it for you.

• Before you use a ladder, check its rating. And be sure not to

subject it to a load greater than its rated capacity.

**USE OF A LADDER**

• Position a ladder carefully to prevent slipping.

• Where slipping is likely, tie off or have someone hold the ladder

in position.

• Do not use a ladder for anything other than its stated purpose.

• Do not use boxes, barrels, or other objects to raise a ladder

higher.

• Do not place ladders in front of doors opening toward the ladder

unless the door is blocked, locked, or guarded.

• Position the base of an extension or straight ladder one foot

away from the wall for every four feet of the ladder’s length

from the support point to the surface.

• Before climbing onto a roof using an extension ladder, be sure

the ladder extends three feet beyond the roof line

• Never overextend an extension ladder.

• Read and follow all instructions on the ladder.