

## Ladder Safety

Don't let the simplicity of ladders fool you -- they can be dangerous! Using common sense and following these basic guidelines can save your season.

### Step Ladders

- Make sure spreaders are locked open before climbing.
- Never overreach while working on a stepladder. Move the ladder instead.
- Never climb above the second rung from the top.

### Straight and Extension Ladders

- A straight ladder should extend at least three feet past its support point.
- Tie down your ladder as close to the support point as possible.
- Never climb past the third rung from the top on a straight ladder.
- Never overreach. The trunk of your body should not extend past the side of the ladder.
- Always use the 4 to 1 rule: Position the base of the ladder one foot out from the wall for every four feet of the ladder's height up to the support point. (The base of a 16-foot ladder should be four feet out from the wall).

### On The Mountain

- Properly store and secure ladders when not in use or during transit.
- Inspect the terrain that the ladder will sit on to ensure stability. Only use ladders on stable surfaces.
- If your ladder is too short, get a longer ladder!
- Always use a buddy or spotter to steady the ladder while using a ladder on snow or ice.
- Do not climb the lift tower unless you are a "Qualified Climber" and always have a buddy or spotter.

*Note: Certain "Qualified Climbed" areas require further training to access*

What you need to know about.....



# SAFE USE OF LADDERS

## WORKING THE SAFE WAY

### WORKING THE SAFE WAY

Each week it is likely that someone in Britain will die, and more than a hundred will be injured from an accident involving a ladder.

To avoid being one of these, ask yourself the following questions and follow the basic rules for safety below.

1. Is a ladder the right tool for the job ?  
Would a mobile tower or scaffolding be safer ?  
If you are not completely sure - ask for advice.
2. Are you up for the job and can you complete the job safely ?
3. Does your ladder meet the required British Standard ?  
If you are not completely sure consult the manufacturer.

### RIGHT

- ✓ Ensure ladder is the right height for the job
- ✓ Maintain a firm grip at all times
- ✓ Wear flat shoes
- ✓ Use a stand-off to avoid potential hazards
- ✓ Ensure ladder is clean and not slippery
- ✓ Always foot ladder on a firm level base
- ✓ Have an adult at the base to stop any slipping
- ✓ If possible, tie the ladder at top and bottom
- ✓ Lean at the correct angle ie. four up to one out

### WRONG

- ✗ Do not over-reach
- ✗ Do not use a ladder in poor condition
- ✗ Do not wear unsuitable clothing
- ✗ Do not carry tools or materials - use a hoist
- ✗ Do not stand on top three rungs
- ✗ Do not have excess weight on the ladder
- ✗ Do not allow more than one person on at a time
- ✗ Do not overlap by less than 3 rungs
- ✗ Do not leave unsecured ladder unattended
- ✗ Do not fool around on or near a ladder

This poster is for guidance purposes only and should not be used as a replacement for formal training.

If you are interested in preventative training then please contact your local training provider.

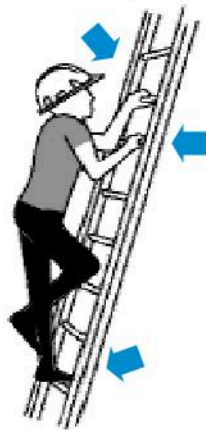


## Portable Ladder Safety



Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.

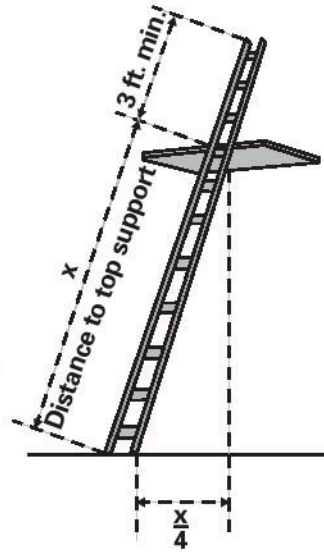


3-Point Contact

- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing (see diagram).
  - Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
  - Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
  - Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.

*(continued on reverse)*

- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on the ladder.
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support (see diagram). Do not stand on the three top rungs of a straight, single or extension ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface (see diagram).
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.



For more information:

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