LADDER SAFETY

Many accidents occur using ladders, both at home and at work.
- 300 people die each year in falls from ladders
- Ladders account for 100,000 injuries each year
- All ladder accidents can be prevented
- Most ladder falls involve portable ladders
  - Unstable or slippery-base surfaces are primary reason
  - Other causes of ladder falls include:
    - Misstep or a slip of the foot
    - Loss of balance
    - Overreach
    - Being struck by vehicle, door, or other

- Golden rules of Ladder Safety
  - Select the right ladder for the job
    - Select the right size ladder
  - Select the proper rated ladder
    - Ladders are rated for weight load; check ladder label
  - Inspect the ladder before you use it
    - Damaged ladders should not be used and taken out of service
  - Set up the ladder with care
    - The base of the ladder should be level and stable
    - Never set up a ladder where a door can easily open onto the ladder
  - Climb and descend ladders cautiously
    - Face ladder and hold on with both hands
      - Always use three (3) points of contact when climbing or descending a ladder
      - Use belt or hand line to raise/lower tools/materials
      - Check shoes and rungs for slippery surfaces
      - Avoid leaning past side rails of ladder
      - Never climb higher than the second step from the top
  - For straight ladders:
    - Extend three feet above roof line
    - Tie straight ladder down to prevent moving
    - Use 1 to 4 ratio when setting up the ladder
      - For each 4 foot of height of ladder, the ladder should be 1 foot from the wall
      - The pitch of the ladder is correct if you can extend your arms comfortably to reach the ladder

- Slightly risky acts eventually lead to very serious injuries!

August, 2010