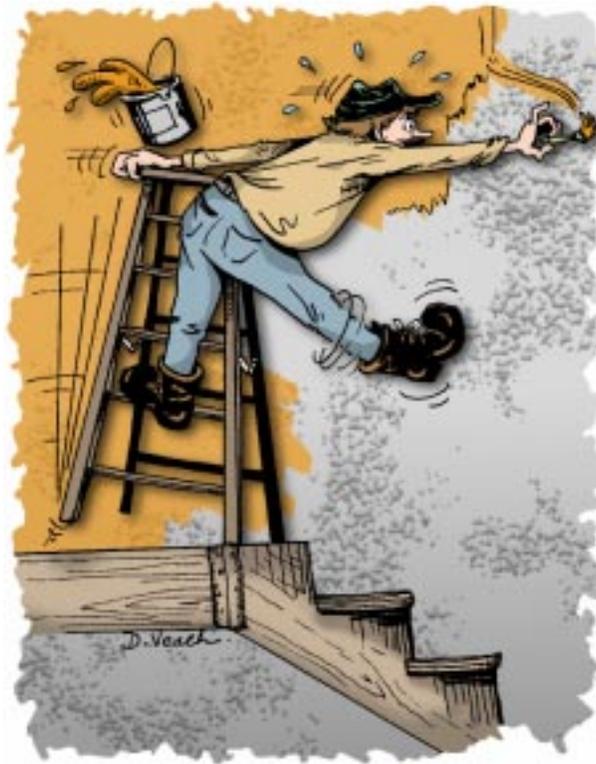


## Falls From Ladders

Falls are a leading cause of workplace accidents and falls involving ladders are all too common. Many of these accidents cause serious injury and death.

Follow these guidelines for safer use of ladders:

- Before using a ladder, check to see that it is in safe repair. Make sure that the rungs, the side rails and the feet are in good condition and secure.
- Look for any warp or twist in the shape of the ladder.
- When using an aluminum ladder, check for signs of wear and damage. These might include corrosion or loose rivets.
- Extension ladders should be checked for wear and damage to the ropes, pulleys and locks.
- With a stepladder, make sure the spreaders are in good condition and operating correctly.
- Check to see that the feet on the ladder have slip-resistant material on them and that they are clean and in good condition.
- If you find any defects in a ladder, tag it and remove it from service. This will ensure it is destroyed before someone else can use it.
- Never paint a wooden ladder. This can hide cracks and other defects. A clear finish or a wood preservative should be used instead of paint.
- Choose the right ladder for the job. Ensure the length is sufficient and it is strong enough to support you and any tools or materials.



- Never use a ladder made of metal or with metal reinforcement for any electrical work. This means you shouldn't even use an aluminum stepladder — not even for changing a light bulb!
- To set up a straight ladder safely, use the four to one rule. For every four feet in height, the base of the ladder should be one foot away from the wall.
- Place the base of the ladder on a solid, even and stable surface.
- Have someone hold the base of the ladder, or tie or block it. Also have someone hold onto the ladder while you are tying it off at the top.
- Do not climb onto the top few rungs of any ladder.
- You need to use both hands to climb safely, so carry your tools on a belt. Another alternative is to hoist tools and materials up after you climb.

- Wear non-slip footwear to climb a ladder.

- Do not reach too far away from a ladder. One way to make sure you maintain the right center of gravity is to keep your belt buckle between the two stiles of the ladder at all times.

- Moving a ladder is a job for at least two people to ensure that the ladder does not fall or strike anyone or anything.

- When moving or setting up a ladder, take extreme care to steer clear of any overhead electrical installations such as wires or power lines.

*Falls cause many serious injuries and deaths, and ladders are involved in many of these accidents. Remember to follow these ladder safety tips off the job, too.*