



Falls are 100% Preventable



Ladder Safety - Dos and Don'ts

Falls from ladders can cause serious injuries. Always plan ahead, assess risks, and use the right equipment.

Here's a quick guide to help you stay safe while utilizing ladders in the workplace:



LADDER SAFETY – DO'S

- + Plan ahead and assess the risk
- + Use proper safety equipment and get trained
- + Inspect the work area and ladder before use
- + Set up on level, solid ground
- + Check weather conditions before working outdoors
- + Use ladders with locking devices and proper feet/cleats
- + Maintain 3 points of contact at all times
- + Follow the 4-to-1 rule for ladder angle
- + Secure ladders to upper supports
- + Wear slip-resistant shoes
- + Store ladders safely when not in use
- + Ensure manufacturer labels and weight limits are visible



LADDER SAFETY – DON'TS

- + Don't work in bad weather
- + Don't lean or reach while on a ladder
- + Don't use damaged or dirty ladders
- + Don't stand on the top rungs
- + Don't use makeshift or homemade ladders
- + Don't lean ladders against unstable surfaces

