



PROPER USE OF LADDERS

There are many different types of ladders available. They can be made of wood, metal, or fiberglass. No matter type you use, or what you use it for, safety precautions should always be considered. A fall from a ladder, even at a low height, can be painful, and possibly cause a disabling injury.

Basic safety steps that should be considered before climbing or using any ladder:

- Chose the proper ladder for the type of work to be done.
- Make certain the ladder is able to carry the amount of weight that will be applied.
- All ladders must be on a solid, level surface.
- Make sure the ladder is in good condition before using it.

Step Ladders

- Place the stepladder on a level and solid surface.
- Make certain the spreader is locked in place prior to climbing the ladder. (Most household ladders have a load capacity of 200 lbs.)
- Do not stand on the top platform or top step.
- Never use the bucket support as a step.

Straight And Extension Ladders

- Face the ladder when climbing up or down, and use two hands.
- Keep your body centered between the rails of the ladder.
- Make sure the soles of your shoes or work boots are dry and clean.
- For every four feet of rise, the base of the ladder should be one foot away from the object that the top of the ladder is resting. (if you are going up 12 feet, the base of the ladder should be 3 feet from object it is leaning on)
- Only one person on a ladder at a time. Be very careful if using a metal ladder around electrical wires.
- A good rule is to never stand on the top three rungs of a straight or extension ladder.
- If using a metal ladder, there should be safety feet attached.
- Never use these ladders in a strong wind.

Storage

- Ladders should always be stored in sheltered areas.
- Straight and extension ladders should always be stored horizontally on racks or hooks. The support points are at the top, middle, and bottom, to prevent sagging and warping.
- Store stepladders in the closed position. Hang them properly, or lean them on a solid surface at an angle to prevent them from falling.

And remember...

Always inspect the ladder before each use. Never used a damaged ladder. If there is major damage, discard the ladder.