

Ladder Safety

Ladders are used in a variety of setting or conditions including retail, warehousing or construction. By following these simply reminders, your use of a ladder while at work or at home will be a safe experience.

Inspect ladders prior to use and ensure that:

- Ladder rungs, cleats or steps are parallel and level.
- The ladder is clean of debris, oil, grease, wet paint or other slipping hazards.
- Extension ladders are in working condition and that the tie off rope is intact.
- Folding ladders have working support arms.



When using a ladder remember to:

- Face forward and use both hands to climb the ladder.
- Use non-metallic ladders when working with electricity – even when changing light bulbs.
- Place ladders on secure ground.
- Never place a ladder on top of boxes to make it taller.
- Never stand on the top step of a ladder – even a step ladder.
- Only allow one person on a ladder at a time.
- Wipe shoes of oily and slippery substances before stepping onto a ladder.
- Don't use crates, boxes or chairs as a substitute for a ladder.
- Make sure that a ladder is rated to handle your weight plus the weight of anything you may be carrying up the ladder.
- Position ladders leaning against a wall at the proper angle. As an example for a twelve foot ladder, it should have its base three feet away from the wall.
- Do not put a ladder in front of a door unless the door can be locked, blocked or guarded.
- Keep ladders away from electrical wiring, pipes, chemicals or sprinkler systems.

Remember Safety is No Accident!