Ladder Safety

Inspect ladders prior to each use.
If in disrepair, do not use!!!

Safe Ladder Setup
- All ladders must be placed on firm ground.
- Do not set ladders on boxes, blocks or other objects that might move.
- Do not lean or reach out while standing on ladders.
- Do not use ladders in high wind or during inclement weather conditions.
- Never use metal ladders near exposed electrical wires.
- Never set up ladders in front of or around doors, unless the door is posted and blocked, guarded, or locked.

Safe Ladder Use
- Make sure shoes are free of mud, grease, or anything slippery.
- Always face a ladder when climbing up or down.
- Maintain at least three points of contact with the ladder (two feet and one hand or two hands and one foot).
- Avoid carrying materials or tools when climbing a ladder.
- Only one person should be on a ladder at one time.
- Climb the ladder first then pull up the materials with a rope.
- Rungs and steps should be clear of grease, oil, wet paint, snow, and ice before climbing.
- Do not climb onto a ladder from the side.
- Do not slide down a ladder.
- Climb or stand on a ladder with your feet in the center of the rung; do not overreach or lean too far to one side.
- Do not move or shift ladders while in use.
- Never sit on a ladder.