Extension 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.
• Position the ladder so that the side rails extend at least 3 feet above the landing.
• Never use a step ladder in place of an extension ladder.
• Portable ladders should be used so that the base is a distance from the vertical wall equal to one-fourth the working length of the ladder.
• Extend the ladder only from the ground. Lock both sides of the ladder.
• When possible, secure the ladder at both the base and top.
• 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, shift, or extend ladders while in use.
• Never put a ladder in front of a door.