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.
- Never use a step ladder in place of an extension ladder.
- If using a stepladder, make sure the spreader is locked.
- 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.
- Climb the ladder first then pull up the materials with a rope.
- Only one person should be on a ladder at one time.
- 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 ladder while in use.
- Never stand on a rung higher than the second rung from the top.
- Never put a ladder in front of a door.
- Never sit on a ladder.