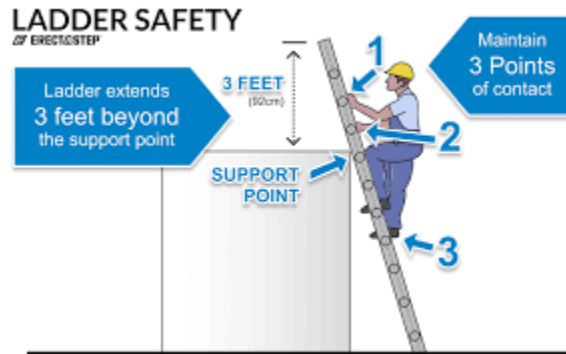


# LADDER SAFETY



## 1. Inspection

- **Check the Basics:** Ensure all rungs are clean and free of grease or mud. Verify that safety feet, locks, and spreaders are in good working condition.
- **Out of Service:** Never try to repair a damaged ladder with tape or wire. Tag it with a “Do Not Use” label and remove from service.

## 2. Setup and Positioning

- **The 4:1 Rule:** For straight or extension ladders, place the base 1 foot away from the wall for every 4 feet of vertical height to the top support point.
- **Extension Length:** The top of the ladder must extend at least 3 feet above the upper landing surface.
- **Firm & Level Ground:** Always set up on solid, level ground. Use ladder levelers if necessary – never use boxes, bricks, or barrels to gain extra height or stability.
- **Clear the Area:** Barricade the area if the ladder is set up in a doorway, walkway, or high traffic zone.

## 3. Safe Climbing Practices

- **Three Points of Contact:** Always maintain contact with the ladder using either two hands and one foot, or two feet and one hand at all times while ascending or descending.
- **Face the Ladder:** Never climb a ladder facing away from it.

- **Keep Centered:** Keep your belt buckle positioned squarely between the side rails. Do not overreach—if a task is out of reach, climb down and reposition the ladder.

#### 4. Critical "Don'ts"

- **Never use the top step:** Do not stand on or above the top step of a stepladder, or the top three rungs of an extension ladder.
- **No dual climbers:** Ladders are designed for one person at a time unless otherwise specified.
- **Beware of electricity:** Keep metal and aluminum ladders far away from overhead power lines or energized electrical equipment.
- **Hoist tools:** Never carry tools or heavy objects in your hands while climbing. Wear a tool belt or use a hand line to pull items up once you are in position.