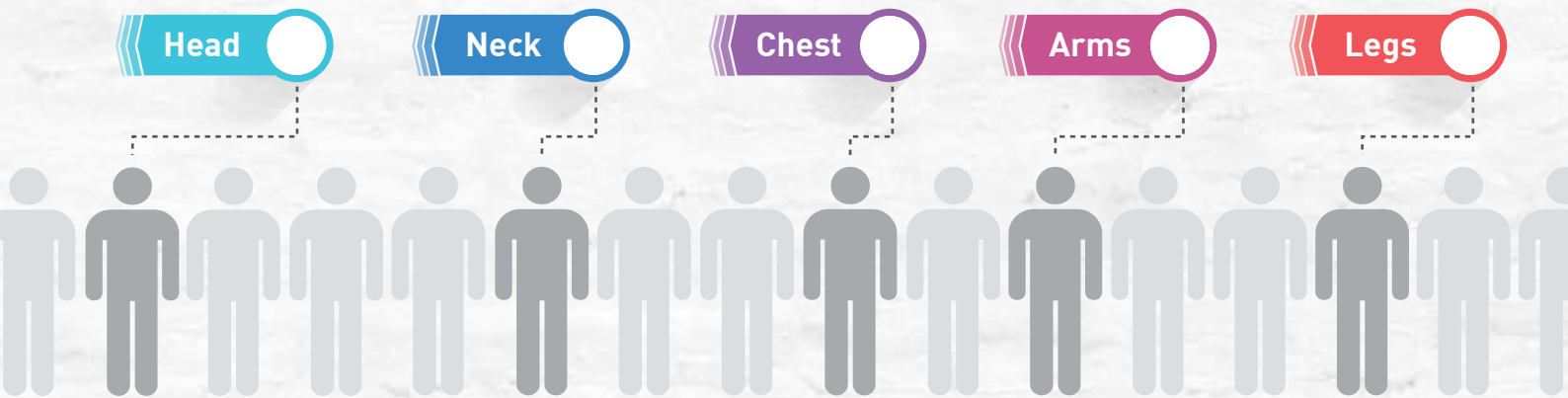


Ladder Safety 101

How to climb up the safety ladder

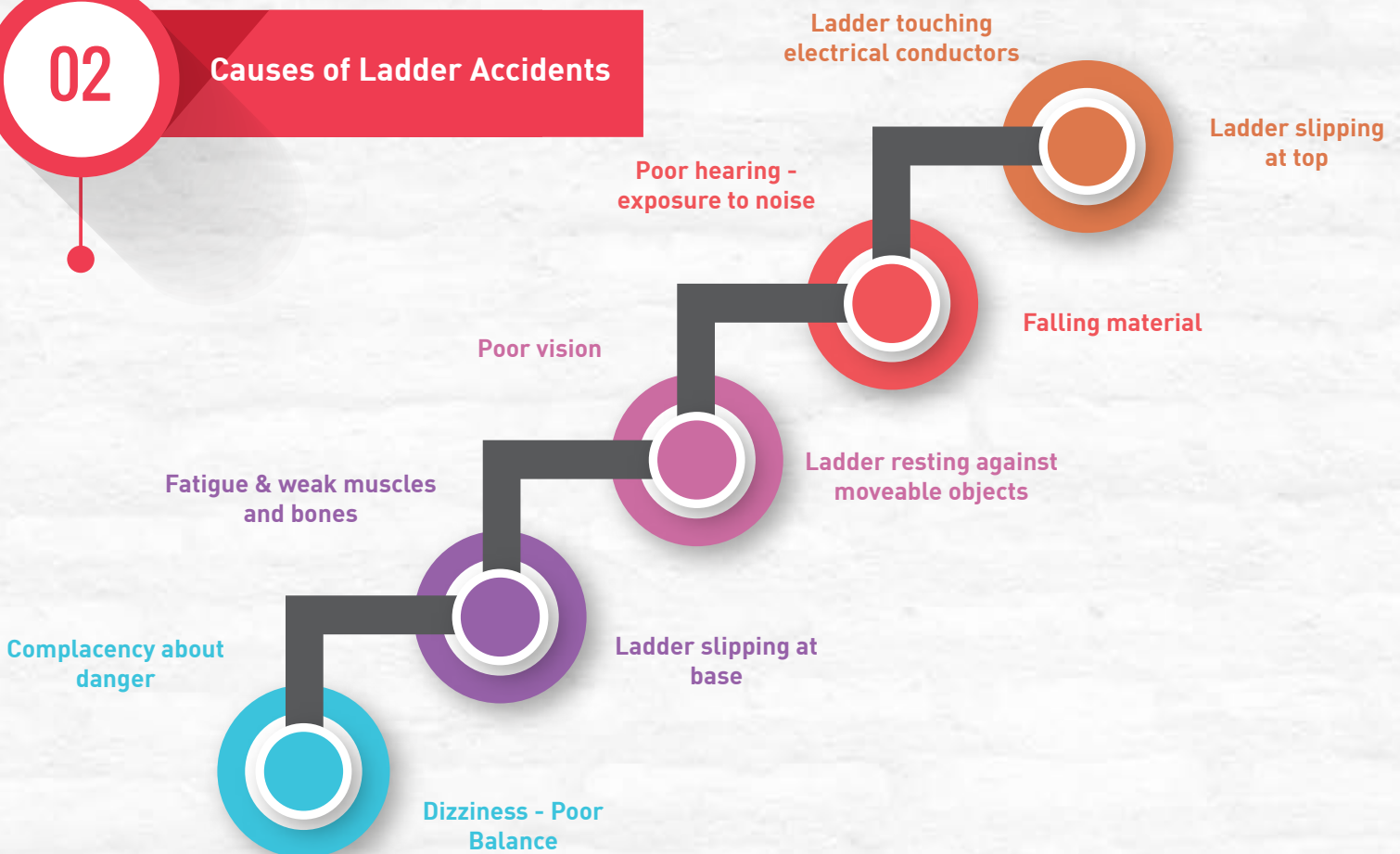
Types of injuries

01



02

Causes of Ladder Accidents



03

Do's & Dont's Using Extension Ladders



1

Maintain a 3-point contact when climbing/descending

2

Face the ladder when climbing or descending.

3

Keep the body inside the side rails.

4

Use extra care when getting on or off the ladder at the top or bottom.

5

Avoid tipping the ladder over sideways or causing the ladder base to slide out.

6

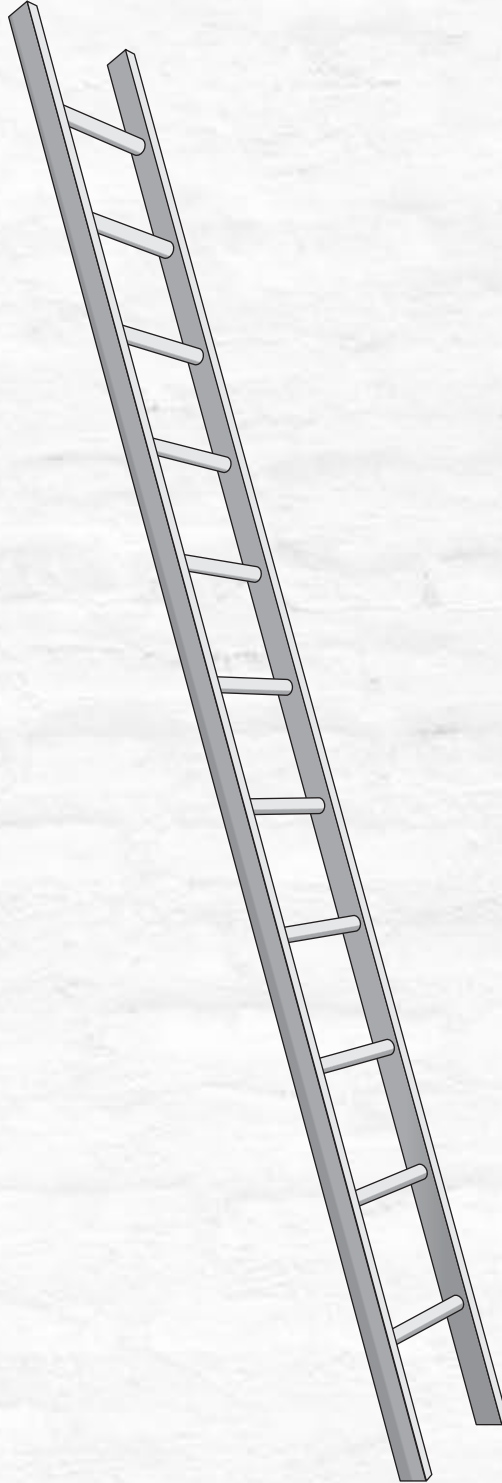
Carry tools in a tool belt or raise tools up using a hand line.

7

Extend the top of the ladder three feet above the landing.

8

Keep ladders free of any slippery materials.



1

Place a ladder on boxes, barrels, or unstable bases.

2

Use a ladder on soft ground or unstable footing.

3

Exceed the ladder's maximum load rating.

4

Tie two ladders together to make them longer.

5

Ignore nearby overhead power lines.

6

Move or shift a ladder with a person or equipment on the ladder.

7

Lean out beyond the ladder's side rails.

8

Use an extension ladder horizontally like a platform.

Do's & Dont's Using a Step Ladder

04



1

Read and follow all the manufacturer's instructions & labels on the stepladder.

2

Look for overhead power lines before handling or climbing a ladder

3

Maintain a 3-point contact when climbing/descending

4

Stay near the middle of the ladder and face the ladder while climbing up/down

5

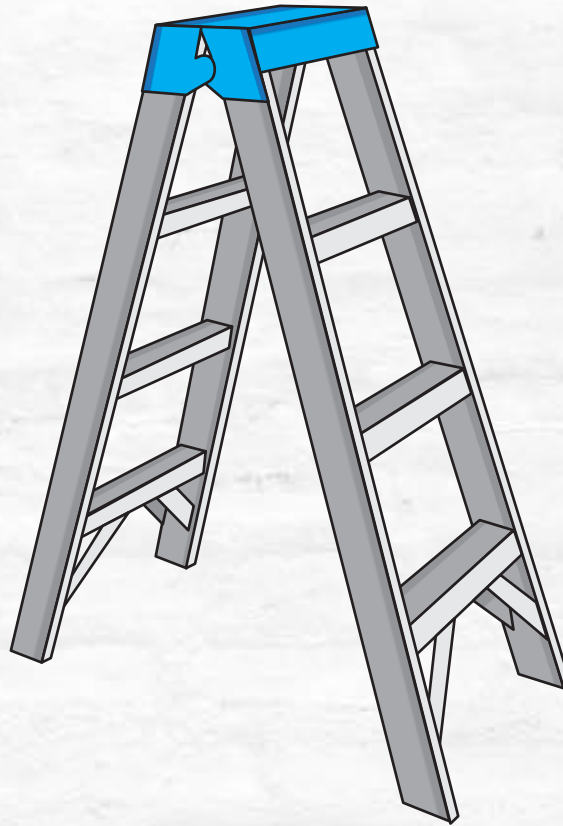
Use a barricade to keep traffic away from the ladder.

6

Keep ladders free of any slippery materials

7

Only put ladders on a stable and level surface that is not slippery.



1

Use stepladders for a purpose other than that for which they were designed

2

Use a stepladder with spreaders unlocked

3

Use the top step or cap as a step.

4

Place a ladder on boxes, barrels or unstable bases.

5

Move or shift a ladder with a person or equipment on the ladder.

6

Use cross bracing on the rear of stepladders for climbing.

7

Use a metal stepladder near power lines or electrical equipment.