

Location _____ Trainer _____ Date _____

LADDER SAFETY

- Use only ladders in good repair to avoid injury.
- Use only ladders that are in good condition - clean, dry and free of cracked or broken siderails or rungs.
- Use only unpainted ladders. Paint may cover defects in material and construction. Inspect the ladder for splits or cracks before you start climbing.
- Never use a wet, oily or dirty ladder, or one with broken, patched or cracked siderails or rungs.
- Never use a ladder with missing rungs.
- Do not climb a ladder when your shoes or hands are greasy or slippery, or when wearing cuffed trousers.
- Use care when placing a ladder:
- Place ladders at an angle to prevent them from falling backwards, or slipping at the bottom ...with approximately one-quarter ladder-length distance from the wall.
- Use ladder of adequate length.
- Use non-slip feet at all times and have ladder held or tied if there is a chance that the non-slip feet won't hold.
- Never place a ladder in front of unguarded door opening.
- Never stand a ladder on a box, truck or other movable object, nor leave the bottom of ladder without adequate protection.
- Never lean a ladder against an unstable object.
- Always face the ladder and hold it with both hands when ascending or descending.
- See that the ladder is placed so that work is accessible without excessive reaching.
- Never slide down a ladder, nor attempt to ascend with your back to the ladder.
- Keep tools and other materials being used while on a ladder in a safe, proper holder, secured to person or ladder.
- Use a hand line to convey tools or materials to the top of a ladder, or have someone hand them to you.
- Never place tools or other materials on a ladder where they will drop off and injure someone below.
- Do not carry things in your hands up or down a ladder ...keep your hands free for holding onto the ladder.
- Never permit others to mount a ladder while you are on it. Arrange to have only one man on a ladder at a time. Use additional ladders, or erect a scaffold if others must work with you on a job.
- Do not lean so far from either side of a ladder that you will lose your balance and fall ...move the ladder.
- Always store ladders in proper place, on wall brackets or in racks, where they will not be a hazard to passing workers, become misshapen, or have objects stored or dropped on them.
- Carry ladder with end ahead of you raised above head level, in case you meet someone unexpectedly.
- Never leave a ladder on floor, or leaning against a wall when not in use and do not carry a ladder so anyone can walk into it.