Ladder Safety

A major cause of falls from ladders is improper set-up. Many accidents can be avoided with common sense and good work practices. Using proper set-up techniques will give your ladder maximum stability and help ensure your safety.

- Use the appropriate ladder for the job.
- Inspect the ladder for defects before using.
- Place on stable and level ground and look above for any overhead wires or obstructions.
- Assure that load capacity is not exceeded.
- Use three points of contact while on the ladder.
- If a ladder is used to access an upper landing, the side rails must extend three feet beyond the upper landing.
- Position the base of an extension or straight ladder one foot away from the wall for every four feet of the ladder's length from the support point to the surface.
- If you're working close to a corner, put a sign to warn people of your presence.
- If there's a door nearby, lock it, block it off, or station someone to watch it for you.