

# HOW TO STAY ON TOP OF LADDER SAFETY

**EACH DAY LADDER-RELATED ACCIDENTS CAUSE:**

**2000 INJURIES**

**1 FATALITY**

In the workplace **20%** of fall injuries involve ladders.

In construction **81%** of fall injuries involve ladders.

*\*Based on data from fall injuries treated in emergency rooms.*

## TAKE THESE STEPS FOR LADDER SAFETY

**SAFETY FIRST!**

First, determine if a ladder is the best option for the job. Ask yourself these questions:

- Will I have to hold heavy items while on the ladder?
- Do I have to stand on the ladder sideways in order to do this work?
- Will I be working from this height for a long time?
- Is the elevated area high enough that it would require a long ladder that could be unstable?

OSHA suggests that if you answer "YES" to any of these questions, a ladder might not be a good idea.

## CHOOSE THE RIGHT LADDER

### WHICH TYPE?

**STEP LADDERS**  
Self-supporting ladders

**EXTENSION LADDERS**  
Each half telescoping, 1 ladder

**LADDER HEIGHT**

Choose a ladder that is the correct height for the job.

Extension ladders should extend 3 feet beyond the edge that supports them and be placed at a safe angle.

Never stand on the top rung or step.

OSHA says a safe angle is when "the horizontal distance from the top support to the foot of the ladder is about 1/4 the working length of the ladder."

### LADDER MATERIAL

Consider the material from which your ladder is made. Aluminum is conductive and not to be used around electricity.

**FIBERGLASS** (for working around electricity)

**ALUMINUM** (lightweight, NOT for use around electricity)

### SAFETY FEATURES

Is the ladder certified?

Are safety treads present to avoid slipping?

Are the steps safely connected to the frame?

Are lock bars present?

Does the ladder have safety feet that anchor the ladder?

**Pro Tip:** If unsure about the safety level of the ladder, take time to locate a knowledgeable store clerk and ask!

## FOLLOW THESE LADDER SAFETY GUIDELINES

Inspect the ladder for damage or stability issues.

For self-supporting ladders, lock the metal spreader for security. If your ladder does not have them, consider another one.

Place the ladder on stable ground.

Always have 3 points of contact with the ladder (two hands and one foot or two feet and one hand).

Never carry tools in your hands. Use tool belt!

Use a spotters for extra safety.

Wear proper footwear with treads.

Don't lean outside the ladder's rails.

Face the ladder when ascending or descending.

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