

# LADDER SAFETY FACT SHEET

## WHY LADDER SAFETY MATTERS

Falls from ladders are a leading cause of workplace injuries. Most incidents happen due to improper use, damaged equipment, or unsafe conditions. Following ladder safety practices helps prevent serious injuries and saves lives.



## LADDER SAFETY BASICS

- **Inspect Before Use**
  - Check for cracks, loose rungs, corrosion, or missing feet
  - Ensure ladder is clean and dry
  - Tag and remove damaged ladders from service
- **Choose the Right Ladder**
  - Use the correct type and height for the task
  - Never use makeshift ladders (e.g., stacked boxes or furniture)
  - Ensure ladder meets weight and duty rating requirements
- **Set Up Safely**
  - Place on stable, level ground
  - Secure ladder to prevent slipping or shifting
  - Maintain a 4:1 angle for extension ladders (1 foot out for every 4 feet up)
- **Climb Carefully**
  - Face the ladder and maintain three points of contact (two hands, one foot or two feet, one hand)
  - Don't carry tools in your hands—use a tool belt or hoist
  - Never stand on the top rung or step unless designed for it
- **Work Smart**
  - Don't overreach—keep your belt buckle between the rails
  - Don't move or shift the ladder while on it
  - Avoid using ladders in high winds or slippery conditions



## COMMON HAZARDS TO AVOID

- Using a ladder that's too short or too tall
- Placing ladders near doorways or walkways without barriers
- Climbing with wet shoes or hands
- Ignoring weight limits or using damaged ladders
- Working alone without someone nearby in case of emergency



## YOUR ROLE IN LADDER SAFETY

- Inspect ladders before each use
- Report damaged or unsafe ladders immediately
- Follow ladder setup and use procedures
- Participate in ladder safety training
- Speak up if you see unsafe ladder practices

