

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

