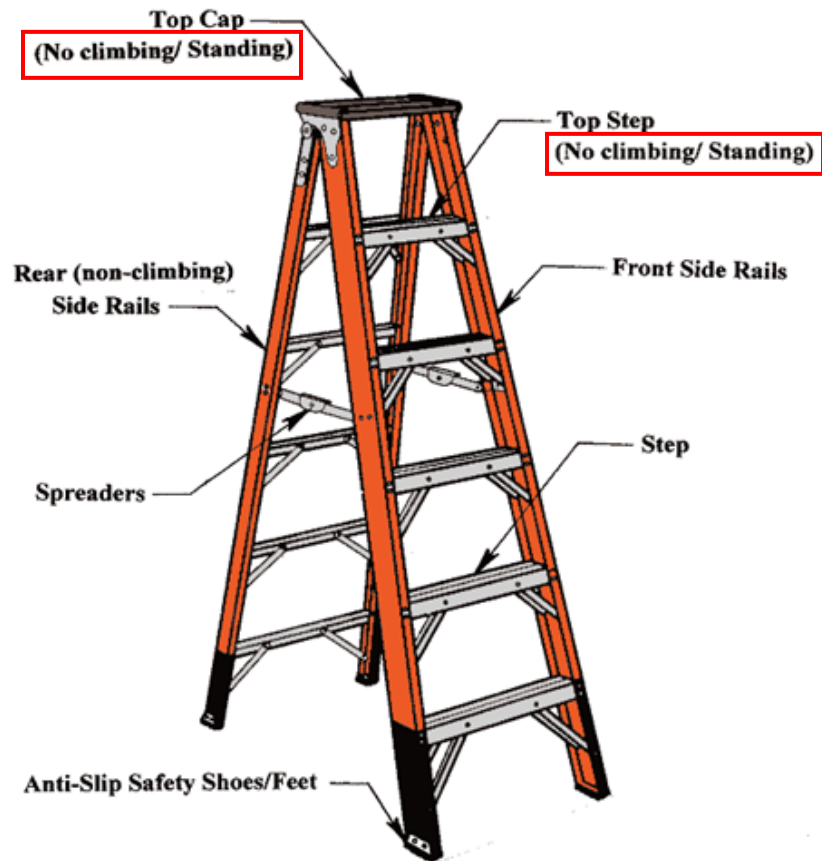


## Ladder and Stepstool Safety Tips

- Inspect ladder/stepstool prior to use. If ladder is damaged, DO NOT USE.
- Read and follow the information/markings on label. Ensure that the ladder can support your weight. Do not exceed the ladder's stated capacity.
- Always place your ladder on a level and firm surface.
- Never place ladder on boxes, barrels, or other devices in an effort to raise its height.
- Ensure that ladders are free of any slippery surfaces. Wear appropriate clothing and shoes.
- Maintain a three-point hold on ladder (two hands and one foot, or two feet and one hand) at all times (see figure 2).
- Never use the top cap or the top rung/step of a stepladder (see figure 1).
- Keep your body centered, with your belt buckle (abdomen) between the two rails.
- Never reach out from the ladder. If you can't reach something, climb down, move the ladder and go back up again.
- Climb the ladder carefully, always facing towards it.
- Only allow one person on the ladder at a time.
- Do not climb or stand on the rear portion of a stepladder.
- Keep ladders and stools away from doorways and walkways. If one must be used near one, block off the area to prevent people from walking into or knocking over the ladder.
- Don't use metal/conductive ladders near electrical conductors.
- When placing an extension ladder, place 36" above top support and place the bottom of the ladder 1/4<sup>th</sup> of the distance to the top support (See figure 3).
- Once job is complete, put the ladder away. Never leave a ladder unattended. Store ladders out of the reach of children.



**Stepladder**

Figure 1

Example 3-point hold on ladder



Figure 2

Proper placement of extension ladder

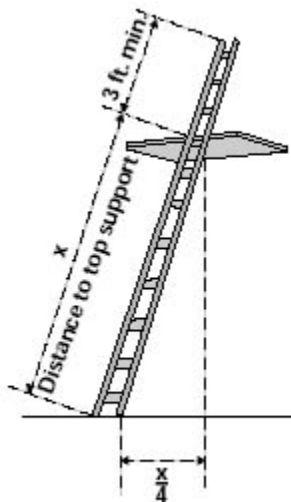


Figure 3

**Useful Websites**

Ladder Safety

[https://www.osha.gov/Publications/portable\\_ladder\\_qc.html](https://www.osha.gov/Publications/portable_ladder_qc.html)

[http://www.orosha.org/pdf/peso/peso\\_ladders\\_tg.pdf](http://www.orosha.org/pdf/peso/peso_ladders_tg.pdf)

<http://www.cpsc.gov/onsafety/2011/12/ladder-safety-101/>