

PORTABLE LADDER SAFETY

EXTENSION LADDER SAFETY

Get Ready...

- ✓ Wear non-slip footwear
- ✓ Have a plan for getting materials & tools to working height
- ✓ Choose the right ladder for the job
 - ladder height
 - appropriate footings
 - ladder composition
 - weight limit

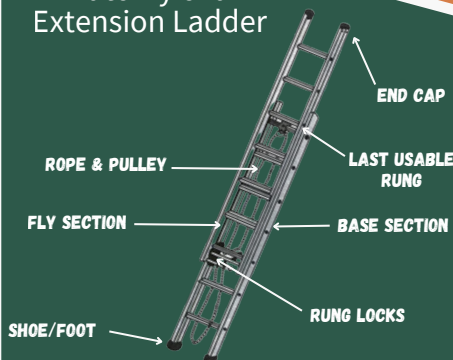
Get Set...

- ✓ Inspect your ladder
- ✓ Both feet on solid surface
- ✓ Ensure there are no overhead hazards
- ✓ Be sure the locking devices are engaged
- ✓ Ladder should get you within 4' of work area
- ✓ If accessing another level, ladder should extend 3' above that surface

GO!

- ✓ Maintain 3 points of contact while climbing
- ✓ Never stand on the top 3 rungs
- ✓ Don't overreach - keep your belt buckle between the side rails while you work
- ✓ Appropriate tasks include:
 - accessing another level
 - construction
 - building maintenance

Anatomy of an Extension Ladder



STEP LADDER SAFETY

Get Ready...

- ✓ Wear non-slip footwear
- ✓ Have a plan for getting materials & tools to working height
- ✓ Choose the right ladder for the job
 - ladder height
 - appropriate footings
 - ladder composition
 - weight limit

Get Set...

- ✓ Inspect your ladder
- ✓ Both feet on solid surface
- ✓ Ensure there are no overhead hazards
- ✓ Be sure the locking devices are engaged
- ✓ Ladder should get you within 4' of work area
- ✓ If accessing another level, ladder should extend 3' above that surface

GO!

- ✓ Maintain 3 points of contact while climbing
- ✓ Never stand on the top 2 steps
- ✓ Don't overreach - keep your belt buckle between the side rails while you work
- ✓ Appropriate tasks include:
 - changing lightbulbs
 - painting
 - building maintenance
 - construction

Anatomy of a Step Ladder

