

# 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

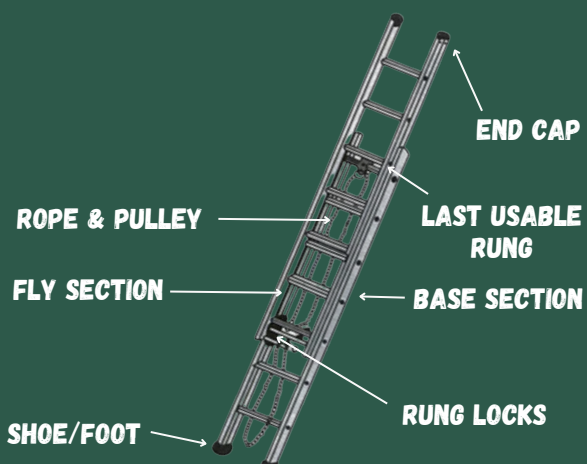
### Get Set...

- ✓ 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

