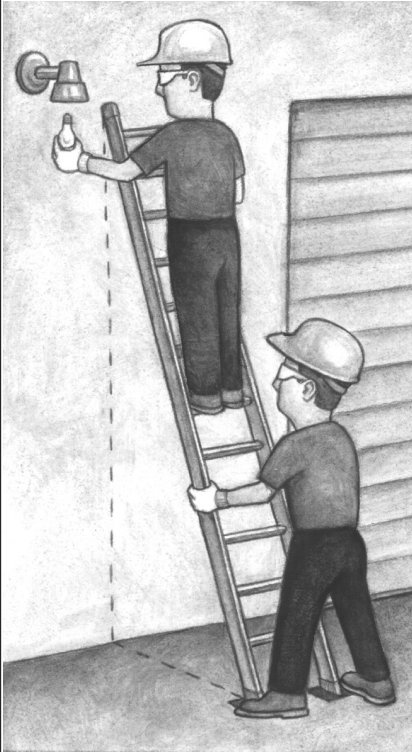


Working Safely With Ladders



Before you climb, check these basic rules for ladder safety...

Stepladders

- Make sure the spreaders are locked open before climbing.
- Make sure nearby doors are locked or walkways barricaded to prevent collisions.
- Never overreach while working on a stepladder. Move the ladder instead.
- Never climb above the second rung from the top.

Straight Ladders

- Always use the 4-to-1 rule: Position the base of the ladder 1 foot from the wall for every 4 feet of the ladder's height up to the support point.

Example: The base of a 16-foot ladder should be 4 feet from the wall.

- A straight ladder should extend at least 3 feet past its support point.
- Tie down your ladder as close to the support point as possible.
- Use only straight ladders that have properly functioning safety feet.
- Never climb past the third rung from the top on a straight ladder.
- Never overreach: The trunk of your body should not extend past the side of the ladder.

Before climbing any ladder, check its condition...

- Nuts and bolts tight?
- Rungs secure?
- Spreaders working?
- Safety feet working right?

All Ladders

- Always wear slip-resistant footwear.
- Keep the ladder rungs free of oil and grease.
- Always go up and down facing the ladder, holding on with both hands.
- While working, hold on to the ladder with one hand at all times.
- Use a tool belt or a bucket attached to a hand line to pull tools up.
- Never use a metal ladder when working with electrical current.

SAFETY HAZARDS