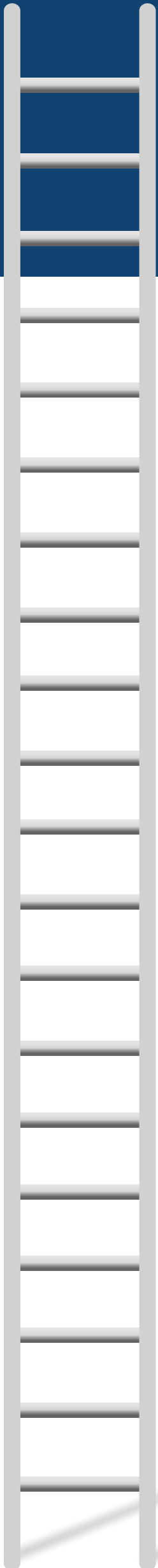


# LADDER SAFETY

Select the right ladder for the job. The ladder should be:



**Tall enough to reach the height you need.**

**Rated to handle the combined weight of you, your materials, and your equipment.**

**I-AA (375 lbs.)**

**I-A (300 lbs.)**

**I (250 lbs.)**

**II (225 lbs.)**

**III (200 lbs.)**

**Free of any missing or broken parts.**

- Don't try to fix a ladder yourself. Tag it as defective and remove it from service.

## Set up a ladder firmly and properly:

- Place it on level floor or ground, with feet parallel to the surface it rests against.
- Extend the ladder at least 3 feet above the top support. Don't rest it on a window or window sash or in front of an unlocked door.
- Anchor the top. Tie the bottom or have someone hold it.
- Set up straight and extension ladders at the proper angle. The distance from the base of the ladder to the wall or other vertical surface should be one-fourth of the ladder's working length.
- Never set up a ladder on a box, barrel, or other unstable base to gain height.
- Never tie or fasten ladders together unless they are designed for that purpose.

## Climb and work on ladders safely:

- Wear shoes with clean, nonskid, nonleather soles.
- Allow only one person at a time on a ladder.
- Climb up and down always facing the ladder with at least one hand on rungs or side rails, maintaining 3 points of contact.
- Carry tools on a belt, rope, or hoist.
- Don't stand on the top two stepladder steps or top four ladder rungs.
- Center your body on the ladder so your belt buckle is between the side rails.

## Carry and store ladders properly:

- Carry a ladder with another person when possible.
- Keep the front end above your head and the back end near the ground.
- Store ladders in a dry, ventilated area kept at a moderate temperature.
- Store ladders standing up, if possible.
- Don't keep anything on a stored ladder, or the ladder will warp.



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