LADDER
Safety Tips

Ladder Duty Ratings

1

Use a ladder that is rated for the intended weight of yourself plus any load. There should be a sticker on the ladder that indicates one of the categories below.

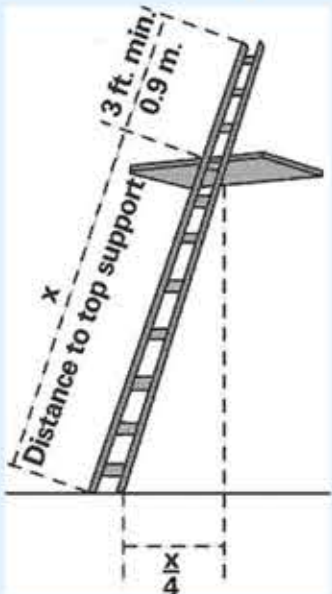| Type	Duty Rating	Use	Load
1AA	Special	Rugged	375 lbs.
1A	Extra Heavy	Industrial	300 lbs.
1	Heavy	Industrial	250 lbs.
II	Medium	Commercial	225 lbs.
III	Light	Household	200 lbs.

Pre-Inspections

2

Prior to using any ladder, an inspection should be conducted to ensure there are no visible defects. This could include any of the following:

- Structural damage
- Split/bent side rails
- Broken or missing rungs
- Excessive dirt, grease, oil, etc.
- Paint that could hide defects

Set-Up

3

Only use a ladder on stable ground. The footpads should be evenly supported, secured, and level. Stay at least ten feet away from power lines.

*Extension ladders should extend three feet above the landing area and the distance between the bottom of the ladder and the structure it is resting against should be one-fourth the length of the ladder.

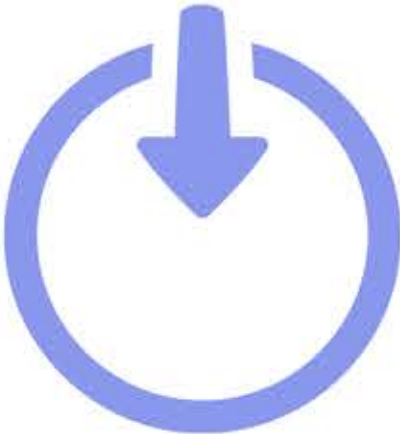## Three Points of Contact

4

While climbing up or down a ladder, utilize the practice of three points of contact. This means always having two hands and one foot OR one hand and two feet in contact with the ladder.

*Avoid carrying any objects that could interfere with maintaining a firm grip on the ladder.

No Reaching

5

Keep the body inside the side rails. Arms can be slightly extended outside the rails as long the weight is not shifted and the rest of the body remains inside. If a task is out of reach, exit the ladder and move it closer.

*Never try to move a ladder while it is in use.

High-Traffic Areas

6

If a ladder is going to be used in a high-traffic area, set up warnings and/or barricades around the base. If working in front of a door, lock it so it cannot swing open and hit the ladder.

*If feasible, a spotter near the base of the ladder can serve as a deterrent and keep hazards away.