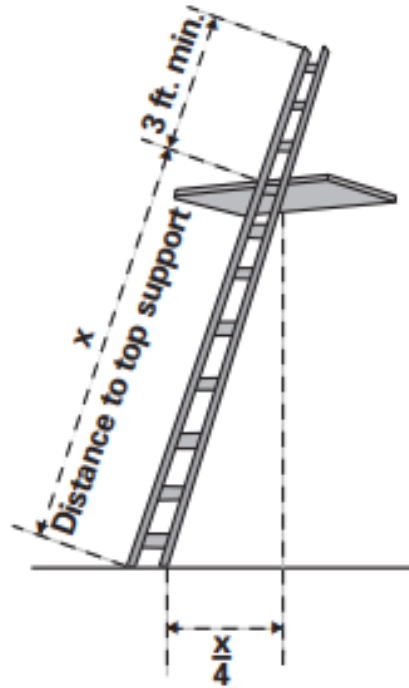


Ladder Safety Month

Stay Safe While Reaching New Heights

Using a ladder is an essential part of many everyday tasks, ranging from changing lightbulbs to painting the walls of your home. However, it's important to use caution and practice safety measures when using ladders in order to avoid injuries.

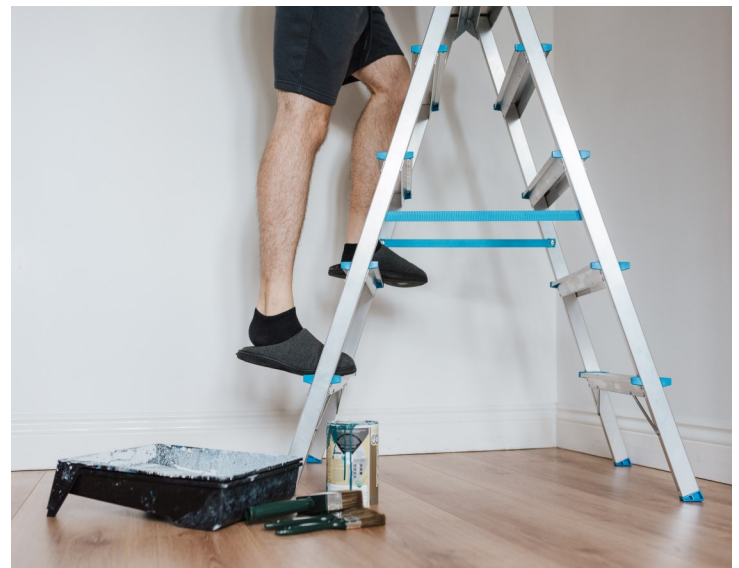
- Read and follow all labels/markings on the ladder
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded
- Always maintain a 3-point contact on the ladder when climbing. This means either two hands and a foot or two feet and hand on the ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface. (see diagram)
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose



Ladder safety is an important topic for anyone who works with ladders or climb onto them for recreational purposes. Knowing the proper way to use a ladder and how to stay safe while doing so is essential for any ladder user. Learning about the parts of a ladder, the different types of ladders, and the load capacity is key in ensuring everyone's safety.

Common Stepladder Hazards

- Damaged stepladder
- Ladders on slippery or unstable surface
- Unlocked ladder spreaders
- Standing on the top step or top cap
- Loading ladder beyond rated load
- Ladders in high-traffic location
- Reaching outside ladder side rails
- Ladders in close proximity to electrical wiring/equipment



Stay Informed of Workers Rights: [OSHA.GOV/WORKERS](https://www.osha.gov/workers)



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