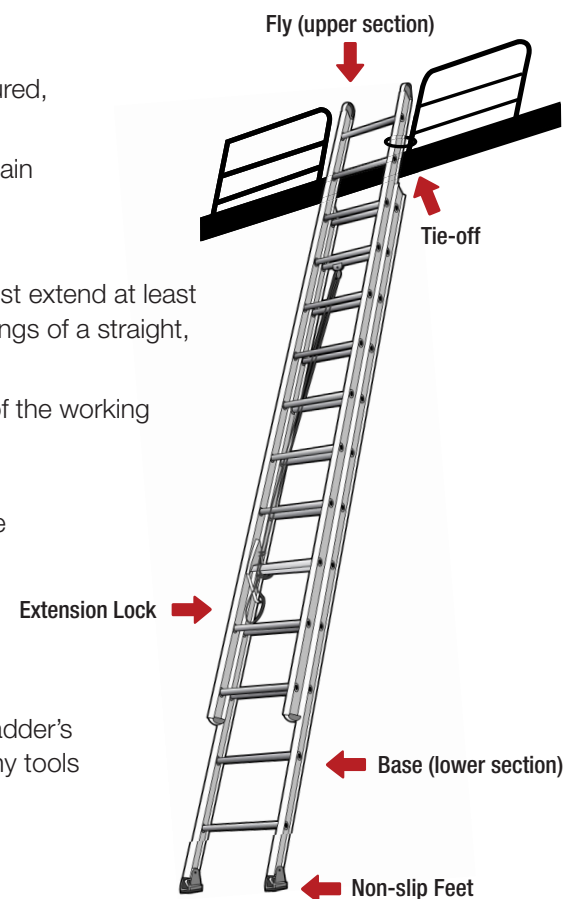


Ladder safety

- Read and follow all labels/markings and weight limits on the ladder.
- Avoid electrical hazards! Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed, energized electrical equipment.
- Inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Maintain a three-point—two hands and a foot, or two feet and a hand—contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing (see diagram).
- Only use ladders and appropriate accessories—ladder levelers, jacks or hooks—for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g. step ladder) as a single ladder or in a partially closed position.
- Do not use the top of a ladder as a step/rung unless it was designed for that purpose.
- Only use a ladder on a stable and level surface unless it has been secured, top or bottom, to prevent displacement.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on it.
- An extension or straight ladder used to access an elevated surface must extend at least three feet above the point of support. Do not stand on the three top rungs of a straight, single or extension 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.
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Make sure the fly section of the extension ladder is on top, facing out, before climbing (see diagram).
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.



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