

DO'S AND DON'TS OF LADDER CLIMBING



Smart ladder users are safe climbers

Ladders are such common everyday tools that many workers take them for granted. As you read the safety guidelines, you may say: "I know that, that's just plain common sense." You can avoid a ladder injury if you think before you act and use ladders correctly. Your work will be easier and more productive, too. Ladder related injuries are preventable, if you think before you climb.

THE "RIGHT" WAY TO USE A LADDER

Properly set-up and use the ladder in accordance with safety instructions and warnings. Wear shoes with non-slip soles.



Center body on the ladder and keep belt buckle between the rails while maintaining a firm grip.



Haul materials with a line rather than carry them up an extension ladder. Use extra caution when carrying anything on a ladder.



Climb facing the ladder, move one step at a time and firmly set one foot before moving the other.



Have another person help with a heavy ladder. Have another person hold the ladder while you are working on it.



Move materials with extreme caution so as not to lose balance or tip the ladder.



THE "WRONG" WAY TO USE A LADDER

DON'T stand above the second step from the top of a stepladder or the fourth rung from the top of an extension ladder.



DON'T climb a closed stepladder. **DON'T** climb on the back of a stepladder. **DON'T** stand or sit on a stepladder top or pail shelf.



DON'T climb a ladder if you are not physically and mentally up to the task.



DON'T place the base of an extension ladder too close to or too far away from the building.



DON'T over-reach, lean to one side or try to move a ladder while on it. Climb down and then reposition the ladder closer to your work.



DON'T exceed the maximum load capacity or duty rating of a ladder. **DON'T** permit more than one person on a single-sided stepladder or an extension ladder.



EMPLOYEE TRAINING AND INSTRUCTION RECORD

Subject: Ladder Dos & Don'ts

Location: _____

Instructor's name & Signature: _____

Date of Session: / / Time Started : am / pm Time Finished : am / pm

Please print your name and job title. Then sign your name.

ATTENDEES:

Print Name	Trade	Signature