

Ladder Safety Tips

Ladder Selection



Use a ladder made of **non-conductive materials**, such as fiberglass, when doing electrical work

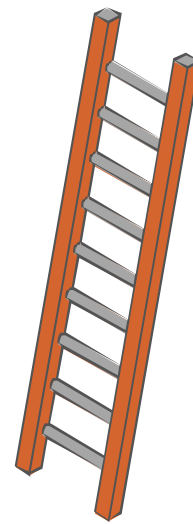


Make sure your ladder can handle the combined weight of you and your tools by **checking the label**



Choose a ladder that is **tall enough** for you to safely reach your work area and access your task while following the manufacturer's instructions

Set-up



Straight or extension ladders:

Use the **4-to-1 rule**: For every 4 feet up, place the base of your ladder 1 foot out. Make sure the ladder extends three feet (3 rungs) above the landing

Stepladders

Fully open and lock the spreader bars. Only set up on stable and level surface



Dos and Don'ts of Use



- Use the **belt-buckle rule** by keeping the middle of your body between the siderails
- Keep it to **one person per ladder** unless specifically designed for more than one climber
- Follow **manufacturer's instructions** for use
- Perform an inspection on ladders before using



- Purchase or use of **wooden ladders** is prohibited
- Use a ladder that had damaged or missing parts, sways or is unstable
- **Modify** ladders in any way
- Use a ladder when tired, dizzy, prone to losing balance
- Use a ladder outside during **high winds or storms**
- Attempt to move a ladder while standing on it
- Lean stepladder against the wall when closed unless it is designed to be used that way
- Place the ladder in front of a closed door that could be opened into the ladder
- Leave items on top of ladder unattended

FOR MORE INFORMATION ON SPECIFIC LADDERS, CHECK OUT THESE VIDEOS FROM THE AMERICAN LADDER INSTITUTE:
[HTTPS://WWW.AMERICANLADDERINSTITUTE.ORG/PAGE/LSTVIDEOS](https://www.americanladderinstitute.org/page/lstvideos)