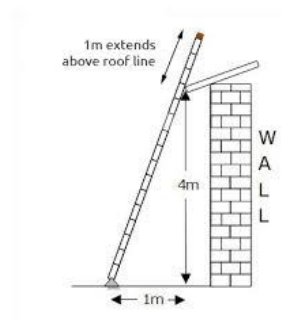


43% of fatal falls in the last decade have involved ladders. They also account for about 20% of fall injuries. Among construction workers, over 75% of falls are from ladders.

LADDER SELECTION AND SET UP

Before you begin work it is important to select the correct ladder for the job, and inspect it. Some things to look for while inspecting it are:

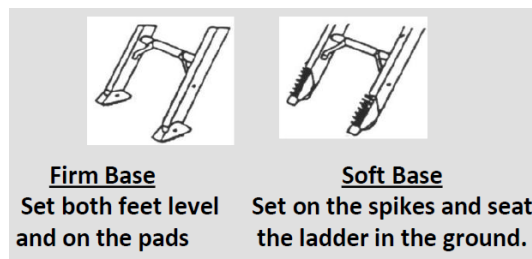
- Missing rungs
- Cracks and damage
- Warning labels and capacity signs are visible
- The ladder isn't "tagged" out
- Rungs are dry and clear of debris
- No "homemade" fixes



When setting up the ladder you want to pay attention for overhead power lines. You want to maintain a distance of 10' from energized powerlines.

Ladder Set Up:

- Set Ladder up at a 4:1 ratio
- The top of the ladder should extend 3 past the roof
- Ensure proper footing
- Set on level ground



SAFE PRACTICES

It is important to use the ladder as it is intended to be used. Using ladders improperly can cause accidents.

- Make sure the work area is clear from debris and traffic.
- Never work from the top step of a stepladder or the two top steps of an extension ladder.
- Do not use boxes, blocks, or any other item to gain more height.
- Do not over extend extension ladders.
- If separating extension ladders, you may not use the extension part as its own ladder.
- Be sure ladders are not placed in front of doors unless it is guarded or locked.

CLIMBING A LADDER

- Maintain 3 points of contact while climbing a ladder.
- Always face the ladder when climbing, descending, or working.
- Avoid carrying anything while ascending or descending a ladder.