Step Ladder Safety
QUICK CARD

1 *Selecting the right ladder*

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.

Do not exceed 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.

2 *Position the ladder properly*

Fully open the stepladder on a level surface and lock its spreaders in place. It is locked when you hear a snap.

Never use a stepladder folded up and leaning against a surface.

Keep metal ladders away from wires and electrical connections to avoid the possibility of shock.

3 *Use a ladder that is long enough*

Never climb on the top two steps of a step ladder. Only use the top step of a ladder if it is designed for that purpose.

Never place the stepladder on boxes or unstable bases to gain extra height.

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4 *Climb and use the ladder carefully*

Maintain 3-point contact with the ladder while climbing (such as 1 hand and 2 feet).

Brace yourself with your free hand, if possible.

Always face the stepladder threads while using a stepladder

Never carry heavy bulky or other objects that may make going up or down a ladder unsafe.

Clean your shoes so you don't slip.

Do not move or shift the ladder while a person or equipment is on it.

Don't overreach while on a ladder.

For other great quick tips visit SCOE Safety on the web at:

<www.stancoe.org/SCOE/busserv/safety/Safety.htm>