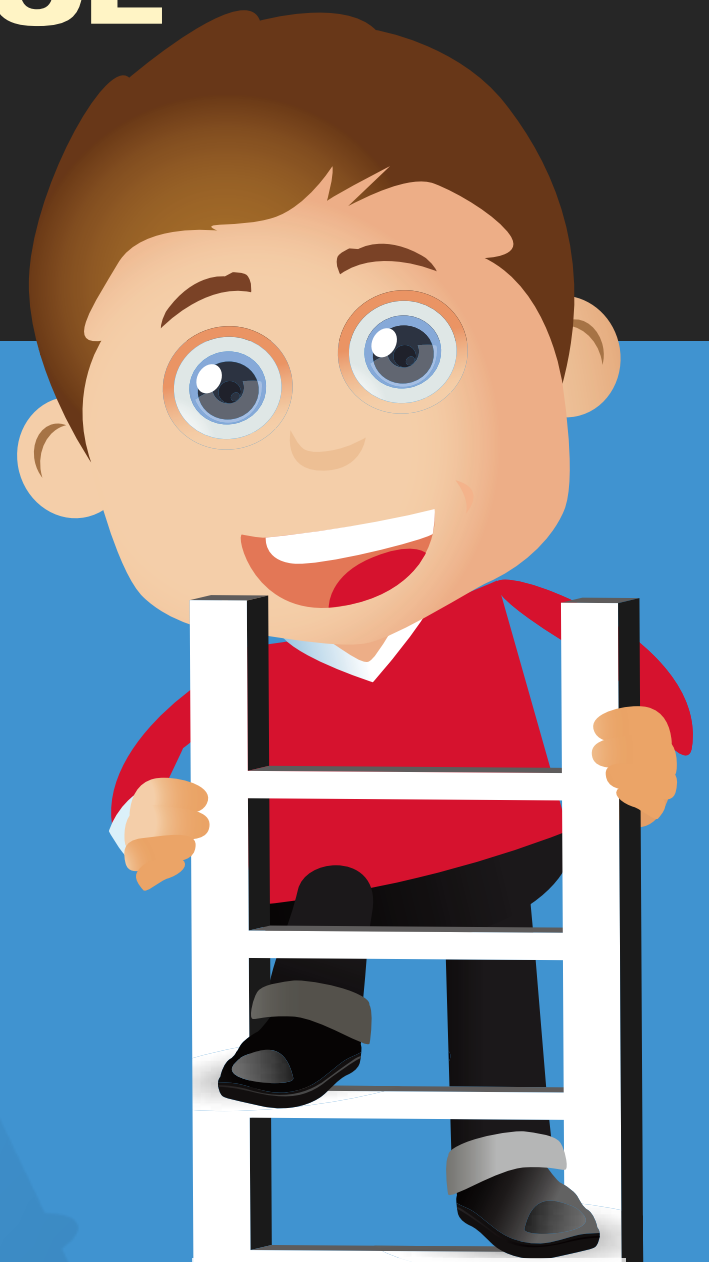


# TAKING WORKPLACE SAFETY TO NEW HEIGHTS



## CHECK THE LADDER

- Will it hold the user's weight?
- Is it in good condition?
- Is it tall enough to do the job?

## CHECK ITS POSITION

- Is it fully opened and locked?
- Is it on a hard, flat non-movable surface?
- Does it lean against a secure, unmovable surface?
- If it's in front of a door, move it. Remember the 4 to 1 ratio for ladder safety.

## ARE YOU

- Wearing shoes free from grease and mud?
- Facing the ladder as you ascend, descend and work?
- Mounting the ladder from the center, not the side?
- Maintaining a 3-point contact with the ladder at all times?

## ALWAYS

- Use fiberglass ladders around electrical wires or power lines
- Secure ladder when not in use
- Check the ladder shoes (feet) to ensure they're free of grease and mud
- Hold on with both hands

## ALWAYS AVOID

- Carrying tools in hands. Use pockets, belt or pouch to raise and lower
- Climbing higher than the third rung from the top
- Overreaching ... keep your torso between the ladder rails
- Using an outdoor ladder on windy days

**Windows and doors do not provide an adequately stable surface for leaning a ladder.**

**A straight or extension ladder should be placed one foot away from its support surface for every four feet of ladder height. (4 to 1 ratio)**

**Securely fasten straight or extension ladders to an upper support**

**Make sure step ladders are open completely before climbing**

**Each year, approximately 175,000 people were injured on ladders requiring a trip to the hospital.**

SOURCE: <http://www.nsc.org/learn/safety-knowledge/Pages/Ladder-Safety-One-Rung-at-a-Time.aspx>

For more information on this and other safety topics, please log on to the member-exclusive website at **nsc.org**.



*Proud Member*