

Proper use of Ladders

A fall from a ladder can be very painful and possibly cause disabling injuries. For your protection follow these safety tips:

- Choose a proper ladder.
- Make sure the spreader is locked.
- Do not stand on top platform or top step.
- Never use bucket support as a step.
- Face ladder when going up and down.
- Center body on rails.
- Shoe soles should be dry and clean.
- Only one person on a ladder at a time.
- Rule - Never stand on top 3 steps of stretch extension ladder.
- Rule - for every 4 feet of rise, base the ladder. Should be 1 ft. away from object on top of ladder (going up 12 ft- base should be 3 ft)
- Never use in rain, snow or wind.
- Store in safe dry place.
- Store straight and extension ladders horizontally.
- Store step ladders in closed position.