

Safe Ladder Use

DO:

- Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.
- Face the ladder when climbing up or descending.
- Keep the body inside the side rails.
- Use extra care when getting on or off the ladder at the top or bottom.
- Avoid tipping the ladder over sideways or causing the ladder base to slide out.
- Carry tools in a tool belt or raise tools up using a hand line.
- Never carry tools in your hands while climbing up/down a ladder.
- Extend the top of the ladder three feet above the landing.
- Keep ladders free of any slippery materials.

DO NOT:

- Place a ladder on boxes, barrels, or unstable bases.
- Use a ladder on soft ground or unstable footing.
- Exceed the ladder's maximum load rating.
- Tie two ladders together to make them longer.
- Ignore nearby overhead power lines.
- Move or shift a ladder with a person or equipment on the ladder.
- Lean out beyond the ladder's side rails.
- Use an extension ladder horizontally like a platform



OSHA.GOV

LADDER SAFETY

HOW TO CHOOSE THE RIGHT LADDER

ALUMINIUM

- ✓ Light & Durable
- ✓ Outdoor Stored
- ✓ Easy to Carry
- ✓ Versatile

FIBERGLASS

- ✓ Durable Material
- ✓ Non-conductive
- ✓ Flame Resistant
- ✓ Weather Resistant

STEP LADDER



| Ladder Height | | Maximum Reach | |
|---------------|-------|---------------|-------|
| feet | meter | feet | meter |
| 3 Ft. | 0.9 m | 7 Ft. | 2.1 m |
| 4 Ft. | 1.2 m | 8 Ft. | 2.4 m |
| 5 Ft. | 1.5 m | 9 Ft. | 2.7 m |
| 6 Ft. | 1.8 m | 10 Ft. | 3.0 m |
| 7 Ft. | 2.1 m | 11 Ft. | 3.4 m |
| 8 Ft. | 2.4 m | 12 Ft. | 3.6 m |
| 10 Ft. | 3 m | 14 Ft. | 4.2 m |
| 12 Ft. | 3.6 m | 16 Ft. | 4.9 m |

STRAIGHT LADDER

| Ladder Height | | Maximum Reach | |
|---------------|-------|---------------|-------|
| feet | meter | feet | meter |
| 10 Ft. | 3 m | 13 Ft. | 3.9 m |
| 13 Ft. | 4 m | 16 Ft. | 4.9 m |
| 15 Ft. | 4.5 m | 18 Ft. | 5.5 m |
| 16 Ft. | 4.9 m | 19 Ft. | 5.8 m |
| 20 Ft. | 6 m | 23 Ft. | 7 m |



STATISTICS ON LADDER INJURIES:

- Over the last 10 years, ladder-related injuries have increased by 50%
- 50% of all ladder-related injuries were due to carrying items up the ladder
- 20% of all falls involved ladders
- There are, on average, about 22,000 ladder injuries per year