



# Safe at home. Safe at work.

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## Ladder Training & Awareness

<b>Training</b>	<p>Provide proper training to all individuals who will be using ladders.</p> <ul style="list-style-type: none"><li>• Educate users on ladder safety guidelines, best practices, and potential hazards.</li><li>• Instruct users to read and follow all the safety information labels on the ladder.</li><li>• Promote a culture of safety awareness where workers actively identify and report ladder safety concerns.</li></ul>
<b>Identification of Factors Known to Contribute to Falls</b>	<p>Avoid factors that contribute to falls from ladders: haste or sudden movement, overreaching, lack of attention, improper climbing posture such as standing too high or straddling the ladder and carrying objects and not maintaining three points of contact.</p> <ul style="list-style-type: none"><li>• Preplan - Inspect and know the hazards within your work environment.</li><li>• Choose the correct ladder for the job – a self-supporting stepladder or a non-self-supporting leaning, single or extension ladder.</li></ul>
<b>Ladder Setup</b>	<p>Ensure proper ladder setup with placement on a firm level surface, and use accessories (e.g. levelers, stabilizers, V-rung, etc.) to accommodate any irregular setup conditions.</p> <ul style="list-style-type: none"><li>• Secure your ladder where possible by tying off, blocking, bracing, or having an assistant hold the ladder.</li><li>• Never attempt to move or reposition any ladder while it is occupied.</li><li>• Stepladders:<ol style="list-style-type: none"><li>1. Fully open and lock spreaders.</li><li>2. Support ALL FOUR feet – no elevated feet.</li></ol></li><li>• Leanable ladders:<ol style="list-style-type: none"><li>1. Support at all four corners – both feet and both top rails on firm surfaces.<ul style="list-style-type: none"><li>• Do not rest the ladder against the top rung.</li></ul></li><li>2. Position at a 75° angle to avoid slide out:<ul style="list-style-type: none"><li>• Place your toes against the bottom of the ladder side rails and stand erect.</li><li>• Adjust the ladder angle so you can grasp lower section rails at shoulder level with arms straight.</li><li>• Only move or reposition a self-supporting extension ladder after retraction and from the ground.<ul style="list-style-type: none"><li>• Never adjust the ladder position or extended length from above.</li></ul></li></ul></li></ol></li></ul>

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Find everything you need at [laddersafetymonth.com](https://laddersafetymonth.com)



# Ladder Training & Awareness (continued)

## Ladder Climbing

Climb slowly and deliberately.

- Follow the three points of contact rule - face the ladder and use both hands while climbing up and down.
- Keep both hands free for climbing. Use a towline, tool belt, or an assistant to lift tools and equipment up to the work area.

## Maintaining Balance While Working



Maintain your balance while working and avoid sudden movements.

- Lean into or hold onto the ladder to maintain three points of contact.
- Keep the center of your stomach between the ladder side rails - do not overreach or lean so that you do not fall off the ladder.
- Wear clean slip resistant work shoes.
- Stepladders:
  1. Do not stand on the top step, top cap or straddle the top.
  2. Do not access another surface unless it has been secured from side movement.
- Leaning single or extension ladders:
  1. Do not stand on the top three rungs.

## Ladder Transport

Properly secure your ladder during transport to avoid excessive wear and loading at the vehicle support points.

## Ladder Storage

Store ladders where they are protected from unsafe materials, impact, or corrosion damage.



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