



# Safe at home. Safe at work.

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## Stabilization, Setup, and Accessories

### Read and follow the safety information labels on the ladder.

Establish and maintain a stable ladder for all work activities. This can be as simple as having a helper hold the ladder or require blocking, bracing, tying off, etc. Specialized ladder components and accessories may help ensure your portable ladder is properly stabilized to resist unexpected movement while working.



### Remain attentive while establishing ladder placement at the worksite.

- Pre-plan: Inspect and know the environment & any setup hazards within your work area and address them.
  - Ground is not firm and level – use ladder leveler accessory.
  - Slippery ground conditions – use spiked feet.
  - Irregular top support for BOTH top rails of leaning ladders (e.g., round or square pole, inside corner, outside corner, window gap, etc.) – use V-rung, corner support, or stand-off/stabilizer accessory.
  - Roof access – tie off ladder at top to resist side movement, extend approximately three feet above the top support point for grasping support, or use a rail extension accessory.
- Position ladder facing (when possible) and close to your work to avoid overreaching.



Extension ladders must have all four rails supported (feet and end caps) on firm supports and maintain a 75° set-up angle during use to avoid ladder slide-out.

- Use ladder levelers if the ground is side sloped to avoid tipping sideways
- Secure surroundings to avoid inadvertent contact with the ladder.
  - Doors should be locked or properly guarded or blocked from being opened into the ladder and work area.



Stepladders must maintain firm support of ALL FOUR feet – no elevated or sinking feet – and be level for use.



Lightning can create a risk of electric shock leading to a fall. Dirt, water, and ice can cause slippery conditions. Wind can move an unoccupied and unsecured ladder, leading to instability.



When using a ladder outdoors, ensure that the weather and environment do not create possible instability for the ladder and user.



Do not use ladders if your judgment or balance is reduced by age, health, alcohol, or drugs.



Have a person hold the ladder or secure it from movement when possible.



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

