

HOW TO PREVENT A LADDER FALL

WHY SHOULD I BE CAREFUL?

Falls cause the most deaths in construction. There are things you can do to keep from falling off ladders. Many times scaffolds, scissor lifts, and boom lifts are safer to work from than ladders.

TIPS FOR USING STEPLADDERS



- **Don't use an unopened stepladder.** The ladder's feet are not made to be used like this. (See picture at left.)
- Always **open the stepladder all the way** before using it. **Lock the arms** securely in the open position.
- **Choose the right stepladder for the job.** Be sure the ladder is strong enough for you and your materials.
- **Don't stand higher** than the second step from the top.
- **Never stand with one leg on a stepladder** and the other leg on something else.

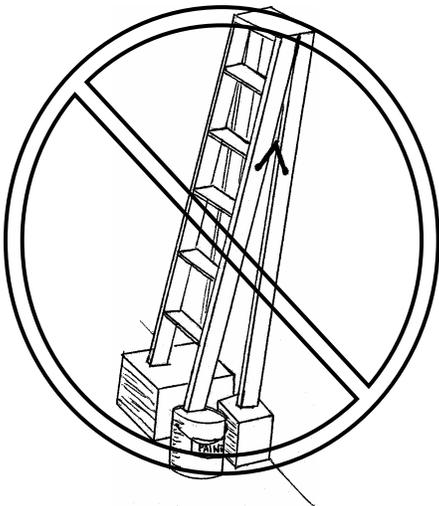
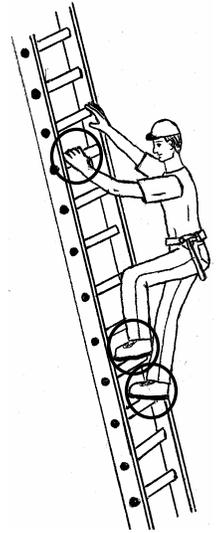
TIPS FOR USING EXTENSION LADDERS

- Set up the ladder at a **safe angle**, about 75° . Put your toes against the bottom of the rails and stretch your arms out at shoulder height. You should be able to hold onto the rung with your hands. (See picture at right.)
- When climbing onto a roof or platform, make the ladder go **at least 3 feet past the edge**.
- **Never stand higher** than the fourth rung from the top.
- **Secure the top and bottom** of the extension ladder whenever you can.



THINGS TO REMEMBER ABOUT ALL LADDERS

- Always face the ladder when climbing and **maintain three-point contact** (two hands and a foot, or two feet and a hand). (See picture at right.)
- **Keep the top and bottom work areas clear** of garbage and materials.
- Put the ladder on a **hard and even surface**.
- **Use ladders to get places**, but not to work from whenever you can. Usually it's safer to work from scaffolding, a scissor lift or boom lift.
- **Check your ladder before using it**. If it has something wrong with it, don't use it.
- It is dangerous to:
 - use ladders on slippery or uneven surfaces
 - use ladders with mud, grease or other slippery material on the rungs
 - use metal ladders near live electrical parts, or within six feet of high voltage electrical lines
- Never carry tools or materials in your hands while climbing. Instead, **wear a tool belt**.



- **Do not put a ladder on boxes**, barrels, bricks, blocks or other things to make it taller. (See picture at left.)
- **Never reach far to do your work**. If you are leaning, move the ladder into a better place.
- **Get off the ladder** before moving it.
- Never use a ladder when it's **windy**.
- **Never use a ladder on a scaffold platform**. If you need to reach higher, the scaffold should be higher.

** For additional information please see the "Cal/OSHA Pocket Guide for the Construction Industry" (call 1-800-963-9424 for a copy) or the OSHA website on the construction industry at www.osha-slc.gov/doc/.