

Ladder Safety: Safe Use of Ladders

Objective: To provide an overview of ladder safe use principles

Ladders, used properly, can be a safe and convenient tool. When used improperly, however, they can lead to a serious injury or result in a fatality.

Climbing Position

- Climb a ladder by holding on to the rails and not the steps.
- Climb facing the ladder with your body centered between the rails.
- Use three points of contact, with at least three extremities attached to the ladder at all times.
- Do not twist your body while climbing.

Lifting Items

- Do not climb with hands full of gear.
- Put any materials you need to take up a ladder into a tool bag/belt that you wear on your person.
- Use hand lines, hoists, or manlifts to lift and lower heavy objects.

Protective Gear

- Fall protection must be worn based on the hazard assessment if you are working on scaffolding or on the roof of the building.
- Footwear with good support, non-slip soles, and free of mud, oil, and any other slippery debris is required when working on a ladder.
- Safety glasses or hardhats may be required for overhead work.

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Stepladder Guidelines

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Other Guidelines

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This form documents that the training specified above was presented to the listed participants. By signing below, each participant acknowledges receiving this training.

Organization: _____ Date: _____

Trainer: _____ Signature: _____

CLASS PARTICIPANTS:

NAME:	SIGNATURE:
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