

# Ladder Safety—Do's & Don'ts

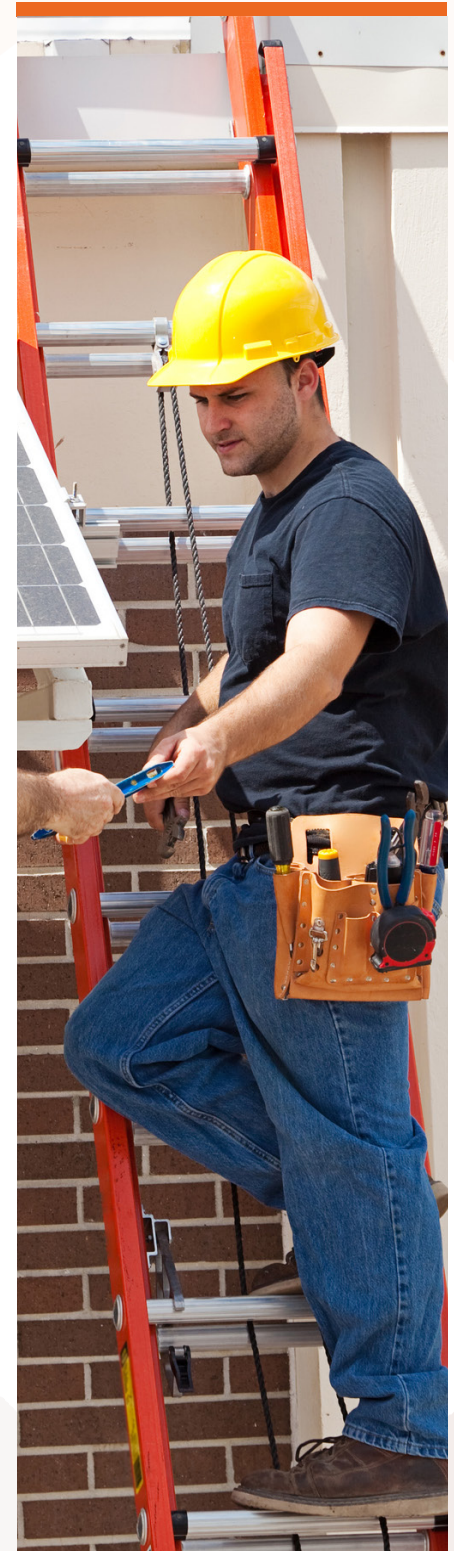
Think before you climb

## LADDER DO'S:

1. Only one person on a ladder
2. Avoid electrical hazards
3. Set-up on level, stable surfaces
4. Read and follow labels/markings
5. Always face the ladder when climbing
6. Wear anti-slip shoes: free of mud, ice, oil, etc.
7. Maintain three-point contact climbing and descending
8. Keep your body between rails: hips square to rungs
9. Secure working area around ladder

## LADDER DON'TS:

1. Use if impaired by alcohol/drugs/medication/illness
2. Lean too far outside rails in either direction
3. Move or shift a ladder while on it
4. Use a self-supporting ladder in a closed position
5. Use the top step/rung of a ladder as a step/rung
6. Place on box or unstable base for additional height
7. Exceed maximum load rating
8. Carry tools and materials in your hands
9. Fasten two ladders together for additional height



Provided by ICW Group Workers' Compensation, Risk Management Services