

# 10 Critical Steps to Ladder Safety

You don't have to fall far to get hurt. Remain safe on any ladder with these easy to follow tips.

## 1. Is a ladder your best tool?

*Consider alternatives, such as platforms, scaffolds, lifts.*

## 2. Check your surroundings

*Keep clear of electrical lines, crowded areas, uneven surfaces.*

## 3. Verify the duty rating

*Include your weight PLUS clothing, PPE, tools, supplies.*

## 4. Select the right ladder

*Stepladders, extensions, combinations - select the safest!*

## 5. Inspect for defects

*Remove ladders with broken steps, rungs, rivets, cleats.*

## 6. Carry ladders carefully

*Be sure your path is clear, then lift and transport carefully.*

## 7. Safely secure your setup

*Place on a level, stable surface, lock and stabilize ladder.*

## 8. Verify if you need fall protection

*Reduce risk - use safety gear, straps, stays, other devices.*

## 9. Read and follow all labels

*Review the usage markings on ladder and follow them!*

## 10. Practice safe ladder use!

*Check shoes and steps for slippage, always face ladder, maintain three-point contact and NEVER over-reach!*

