Using Ladders Safely

Ladders Part 4

“While on a ladder, never step back to admire your work.” - Author Unknown

General Rules

- Do not use the top step/rung of a ladder unless it was designed for that purpose
- Do not move or shift a ladder while a person or equipment is on the ladder
- If using a ladder in front of a doorway, secure the door
- Don't try to carry anything in your hands while climbing, instead use a tool belt
- Keep three points of contact on the ladder, two hands and one foot, or two feet and one hand on the ladder at all times while climbing (see drawing above)
- Do not lean away from the ladder to carry out tasks. Always keep your body centered between the side rails

Know the max load rating of the ladder you are using and do not exceed it
Be aware that people, tools, and equipment on the ladder all count against the load rating
Keep in mind the length of the ladder and if it will safely reach the work area

The rear (non-climbing) rails of a stepladder should not be used for climbing unless the ladder is specifically designed for that purpose

Sources: