



# Ladder Safety Basics

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## Common Ladder Safety Practices

**CHOOSE** the right ladder.

**CHECK** the ladder for damage before use. Never use a damaged ladder.

**ENGAGE** all ladder locks.

**SECURE** the ladder as close to the top of the platform as possible.

**TIE** off and extend the ladder 36 to 42 inches when stepping off at a higher level.

**EXTEND** the ladder at least 3 feet above the supporting edge of parapets and landings.

**FREE** your hands when climbing. Use a tool belt or apron if necessary, and hook equipment on a rung while you work.

**MOVE** the ladder when necessary. Never stretch or lean to reach your work area.

**ANGLE** the ladder appropriately: For every 4 feet of ladder height, position the ladder 1 foot further from the vertical base.

**FACE** the ladder when ascending or descending.

**USE** common sense! If something seems like a bad idea, it probably is. Ladder accidents are among the most easily preventable workplace accidents.



## Remember: USE COMMON SENSE

- *DO NOT* use a step ladder when a straight ladder is needed, or visa versa.
- *DO NOT* place ladder bases on inclines or slippery surfaces.
- *DO NOT* stand on the top 2 steps of a step ladder or the top 4 rungs of an extension ladder.
- *DO NOT* load ladders beyond their maximum intended capacity.
- *DO NOT* use a ladder for anything other than its intended purpose.
- *DO NOT* move a big ladder alone. If a ladder is too large or heavy, ask for help!



*Please, use common sense.*