

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



But I have three points of contact!

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



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Sources:

Occupational Safety and Health Administration. United States Department of Labor.
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