

Taking workplace safety to new heights

March Safety Topic

Each year, more than 100 people die and thousands are injured from ladder-related falls.

Check the ladder

- Will it hold users' weight?
- Is it in good condition?
- It is tall enough to do the job.

Check its position

- Is it fully opened and locked?
- Is it on a hard and flat surface?
- Does it lean against a secure, unmovable surface?
- If it's in front of a door, move it. Remember the 4 to 1 ratio for ladder safety (on the image below).

Always avoid

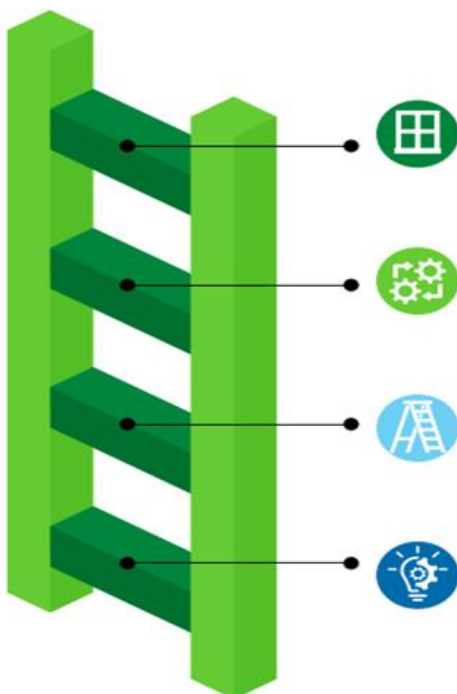
- Carrying tools in hands, use pockets, tool belt or pouch to rise and lower
- Climbing higher than the third rung from the top
- Overreaching, keep your torso between the ladder rails
- Using an outdoor ladder on a windy day.

Are you

- Wearing shoes free from grease and mud?
- Mounting the ladder from center, not the side?
- Maintaining a 3 point contact with the ladder at all times.

Always

- Use fiberglass ladders around electrical wires and power lines
- Secure ladder when not in use
- Check the ladder feet to ensure they are free from grease and mud
- Hold on with both hands



Windows and doors

do not provide an adequately stable surface for leaning a ladder.

A straight or extension ladder

should be placed one foot away from its support surface for every four feet of ladder height. (4 to 1 ratio)

Securely fasten straight

or extension ladders to an upper support

Make sure step ladders

are open completely before climbing