

Ladder Safety

Falls continue to rank as one of the top 10 causes of injury. You can avoid most ladder injuries by following a few simple rules.

1. Inspect the ladder before each use for any unsafe conditions.
2. Maintain a 10-foot buffer zone from any power transmission lines.
3. Set up ladder so it is level and on a firm surface.
4. When ascending or descending the ladder, face the ladder and maintain three-point contact with the ladder. Never jump off the ladder.
5. Never lean so far that your belt buckle is beyond the side rails of the ladder.
6. Never use the ladder for anything but a ladder. It is not a scaffold, prop, or sled.
7. Once your chest is even with the ladder's top, go no higher
8. When carrying a ladder, find the balance point for the handhold.

Company Name:

Date of Meeting:

Attendees: