



It is Important to Stay Safe When Using a Ladder!

We've compiled some basics to review with your workers:

- Perform a visual inspection of the ladder for rust, dents, missing rungs or feet, or damaged side rails
- Ensure your slip-resistant work shoes are free of debris
- Use a ladder in its full intended extension with all feet firmly planted on level ground
- Maintain 3 points of contact on the ladder at all times
- Use a tool belt to store items you will use during climb and descent
- Ensure only light work is carried out on the ladder where tools can be operated with one hand
- Make sure that no one works under or on the ladder at the same time as the primary worker
- Do not straddle the ladder

MATERIAL MATTERS

- Don't use a metal ladder near electrical fields
- Avoid using fiberglass ladders near heat sources
- Never paint a wooden ladder

KNOW AND USE THE PROPER LADDER TYPE:

- *Type III*: lightweight, holds a maximum of 200 pounds.
- *Type II*: holds a maximum of 225 pounds.
- *Type I*: holds a maximum of 250 pounds.
- *Type IA*: holds up to 300 pounds.

Any height can lead to injury, so let's work together to maintain fall-free worksites!