

# Ladder Safety

It is the worker's responsibility to use ladders safely. There are a number of steps to take, before and while you're climbing the rungs.

## Before you climb

- Take part in ladder safety instruction and training.
- Make sure you're healthy and fit to work on a ladder. Do not use a ladder if your balance is impaired for any reason.
- Wear sturdy footwear with clean, slip-resistant soles.
- Inspect the ladder before setting it up. Do not climb a damaged or bent ladder.
- Always follow the instructions on your ladder's manufacturer's label.

## Setting up your ladder

- Place the base of your ladder on a firm and level surface.
- Make sure that all your ladder's feet are on the ground.
- Do not place your ladder on unstable surfaces such as boxes or pallets.
- Make sure that straight or extension ladders are positioned at the required angle, using the 4-to-1 Rule: For every 4 feet (1.2 meters) up, place the base of your ladder 1 foot (0.3 meters) from the wall or upper support it rests against.
- Secure the bottom and top of your straight or extension ladder as needed.
- Open and lock the spreader bars of a stepladder.

## On your ladder

- Step on and off your ladder carefully, especially at the top.
- Maintain three-point contact – one hand and two feet, or two hands and one foot – when climbing any ladder and when working from a straight or extension ladder.
- Use a tool belt, backpack, hoist, lift, or ropes to carry tools and equipment, so your hands are free to grip your ladder.
- Do not step or stand any higher than the step or rung specified on the manufacturer's label.
- Keep your body centered between your ladder's side rails.
- Face your ladder when climbing or working.
- Work with both feet on the same rung or step. Keep the soles of your feet in the center of the rungs or steps.
- Climb down before repositioning a ladder. Do not walk or shift your ladder while standing on it.
- Do not climb from one ladder to another.

For more information and additional risk management and prevention tools, visit: [fwcruminsurance.com](https://www.fwcruminsurance.com)