



## All ladders

- Face the ladder
- ONE person at a time
- Have level placement
- Wear slip resistant footwear
- Use 3-point contact – two feet and a hand or two hands and a foot
- Don't overreach – move the ladder instead
- Stay centered – keep your belt buckle between the rails
- Use a tool belt or bucket attached to a hand line to hoist materials/ tools
- Keep rungs free of oil and grease
- Use a ladder tall enough for the job
- Never use a metal ladder for electrical work
- Use a ladder with an adequate weight rating
- Make sure nearby doors are locked or barricaded
- Inspect ladders for damage and take damaged ones out of service

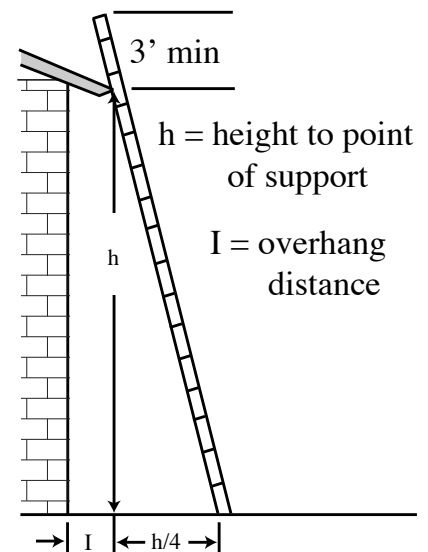


## Step ladders

- Do not stand on any step above the manufacturers posted recommendation
- Never use a step ladder leaning like an extension ladder
- Make sure the spreaders are fully open

## Extension ladders

- Extend ladder 3 feet above its upper support point
- Secure ladders at the upper support point
- Be aware of overhead power lines (and use fiberglass ladders)
- Inspect the safety feet
- Don't place the ladder against a weak surface or window
- Use the 4:1 rule: bottom of ladder is 1 foot away horizontally from the upper support for every 4 feet between base of ladder and upper support point



## Ladder Weight Limits

- I-A=300 lbs (heavy duty)
- I = 250 lbs (heavy duty)
- II= 225 lbs (medium duty)
- III=200 lbs (not for workplace)



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