LADDER SAFETY

SAFE WORK PRACTICES FOR LADDER USE

• Inspect the ladder prior to use.
• Do not place ladders on slippery or uneven surfaces.
• Always have at least 3 points of contact when using a ladder.
• Do not carry materials in your hand when climbing a ladder.
• Your belly button should always be between the side rails of the ladder.
• Remember to follow these practices even when using ladders at home.

A FALL FROM A LADDER AT ANY HEIGHT CAN CAUSE A SERIOUS INJURY OR DEATH

The Consumer Product Safety Commission estimates that every year more than 90,000 people receive emergency room treatment because of ladder use.

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