

# LADDER SAFETY

- Each year, over 160,000 people are injured as a result of falls from ladders.
- More than 300 people die each year due to not following safe work practices with ladders.
- A stepladder is intended for use by only one person working on a level surface. It requires level support for all 4 rails. If this worksite condition does not exist, a stepladder is not the right tool for the job.
- If the work to be done is near an electrical power source, or requires the use of electrical power tools an aluminum ladder must not be used.
- Do Not stand on the top step, bucket shelf, or top cap of a stepladder.
- Do Not exceed the Duty Rating of the ladder: Compare the posted Duty Rating to your body weight plus the weight of your clothing, PPE, tools and equipment, and anything stored or hanging on the ladder.
- Remember: There is no relationship between the ladder length and its weight capacity. A longer ladder does not necessarily have a higher weight capacity.
- Thoroughly inspect the worksite AND ladder before working with any ladder.
- Damaged ladders must be taken out of service. Never use a damaged ladder.
- When carrying a ladder, keep the leading edge slightly higher than the trailing end.
- Never use a stepladder with the spreader in a closed or partially closed position.
- Always face front on the ladder when mounting and dismounting.
- Keep 3 points of contact while climbing a ladder.
- Keep both your hands free while climbing a ladder. Tools and other items should be raised by tow lines or other means.
- Use the Belt Buckle Rule: keep your body positioned such that your belt buckle stays between the side rails of the ladder. Don't overreach. Overreaching is one of the most common causes of ladder accidents.
- Never jump or slide down from the ladder or climb more than one step at a time.
- Never straddle the ladder or sit on the top cap.
- Never move a ladder while someone's on it. Get down and move it.
- Never stack a ladder on any other objects such as boxes, barrels, or scaffolds to reach more height.
- And last but not least: NEVER take a ladder out of the scrap pile for use at your worksite.

**SAFELY—OR NOT AT ALL.**

Produced by the Institute of Scrap Recycling Industries  
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