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10 important things you should know about Ladder Safety

1. **Inspect the ladder.** Check the ladder for damage, (bent rungs, rails, loose hinges etc..) Make sure the ladder is rated TYPE I or TYPE 2. TYPE 3 ladders are illegal.
2. **Properly set up the ladder.** Every ladder should be placed on a firm, level surface. Never place a ladder on ground that is uneven and watch for soft, muddy spots. The same is true for uneven flooring. Keep debris away from base of ladder.
3. Keep ladders free of mud or other slippery conditions that can accumulate on or near a ladder.
4. Remember to always **engage the ladder locks** or braces before climbing.
5. If working near **Electrical Wires.... 10 ft minimum clearance is required!**
6. **Remember the 4:1 rule:** the bottom of the ladder should be 1 foot away from the wall for every 4 feet that the ladder rises.
7. If you are going to climb onto a ladder, **the ladder must extend at least 3 feet above the upper level. If less than 3ft, a substantial handhold must be provided!**
8. **10% overlap** is the minimum between the upper and lower sections of an extension ladder!
9. Do not use a ladder as a seat between tasks. **Don't stand above the third rung!**
10. **Select the right ladder** for the job.
11. **Always reposition the ladder closer to the work.** Over-reaching or leaning to one side when on the ladder could make you lose your balance and fall. Your belt buckle should not go beyond the sides of the ladder.
12. **Wear proper footwear.** Make sure your shoelaces are tied and the soles of your shoes are free of any greasy, oily or wet substances.