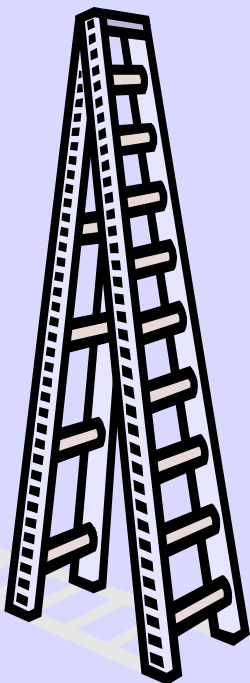


# Safe Use of Ladders

The main hazard involved with ladder use is falls. A fall can be the result when a ladder fails due to overloading, misuse, or damage. You can lose your grip, slip, or lose your balance when trying to reach too far.

- Always inspect the ladder for defects before you use it.
- Select a ladder with adequate length and load limits.
- Never use metal ladders near electrical wires
- Make sure the ladder is on a firm, solid surface.
- Wear tool belts to help keep tools secure
- Maintain a 3-point contact while ascending/descending a ladder
- Consider raising and lowering objects with a rope or backpack as opposed to carrying up with you



## **Some items to note during an inspection:**

Look for broken or split side rails

Look for missing or broken rungs

Make sure rungs are free of oil or grease