LADDER Safety

Safe Ladder Set-up and Use

- Select the right ladder for the job. Inspect the ladder before use; look for broken rungs and cracks.
- Use a ladder best suited for the landscape, like those with non-slip feet or spikes.
- Setup ladders away from doors. If necessary, block off the door and post warning signs.
- Use ladders at safe distances from electrical conductors to avoid electrocution.
- Extend the ladder three feet above a safe landing point. Make sure you have enough room to safely step off the ladder.
- Use the 4-1 rule. For every four feet of height, keep the base of the ladder one foot from the structure.
- Secure the ladder at the base and the top, to prevent sliding.
- Maintain three points of contact with the ladder at all times.
- Take your time when climbing a ladder.
- Do not carry objects up the ladder.
- Work from the lower rungs, not the top rung or platform.
- Never allow more than one person on the ladder at a time.

Safe Extension Ladder Use

- Follow manufacturer's instructions at all times. Make sure the two sections properly overlap.
- Inspect the ladder. Make sure all locks latch.
- Place ladders on level ground, and against stable surfaces.

Safe Stepladder Use

- Make sure the ladder is open all the way, and locked. Never use it as an extension ladder.
- Make sure the ladder is long enough for the job. Never use the top two steps or platform.
- Face the ladder while using it.
- Keep your body centred while working on the ladder. Do not reach off the sides.

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If you would like this information in another language, please contact us.

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