Ladders – Make Ladder Safety a High Priority Infographic

SIMPLE STEPS TO LADDER SAFETY

DO

- Inspect the ladder for damages before you use it.
- Keep three points of contact with the ladder.
- Wear clean shoes/boots with non-slip soles.
- Secure the ladder or ask a co-worker to hold it.
- Make sure your ladder is fully extended and locked.
- Use PPE and fall prevention equipment when needed.



DON'T

- Work from the top two rungs.
- Carry heavy or large objects up the ladder.
- Tie ladders together.
- Put your ladder in front of a door.
- Use ladders as scaffolding.
- Move the ladder when it's in use.
- Put your ladder near electrical equipment or live wires.
- Put the ladder on an unstable base or uneven ground.
- Use ladders that are damaged.



Even a short fall from a ladder could result in a lifetime of pain.
Stay safe on the job!

Source: https://safegen.ca/