

STAY SAFE WITH SOCIETY

STRAIGHT LADDER SAFETY

Accident studies have shown that ladders are involved in more than 300 fatalities and about 100,000 injuries annually. Straight ladders account for a significant percentage of these accidents. They are often used on a daily basis at job sites.

Here are some tips on using straight ladders safely:

- Make sure the straight ladder is the proper length. It should extend at least 36" above the area of access.
- It should be on firm footing.
- Adjust the ladder to proper slope (a ratio of 4 to 1: for every 4 feet in vertical height, the base of the ladder should extend out 1 foot).
- Do not paint ladders (painting hides cracks, etc.).
- Clean dirty, oily, or greasy rungs before climbing.
- Check the condition of rungs and side rails before climbing.
- Face the ladder when climbing.
- Never carry tools or materials up the ladder.
- Tie the ladder off at the top and/or cleat it at the base to prevent movement.
- Never overreach when on a ladder. One way to remember this is to keep your belt buckle between the rails at all times (also called the belly button rule).
- Provide landings if the ladder's height exceeds 30 feet.

Checklist:

- Do you inspect your ladder(s) at the start of each work day?
- Do you keep at least one hand on the ladder at all times?
- Do you remove and discard any ladders that are in disrepair?



**NEVER OVERREACH
WHEN ON A LADDER.
KEEP YOUR BELT
BUCKLE BETWEEN THE
RAILS AT ALL TIMES.**

A Small Detail
That Can Make a
Big Difference.

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