

Extension Ladders and Step Ladders

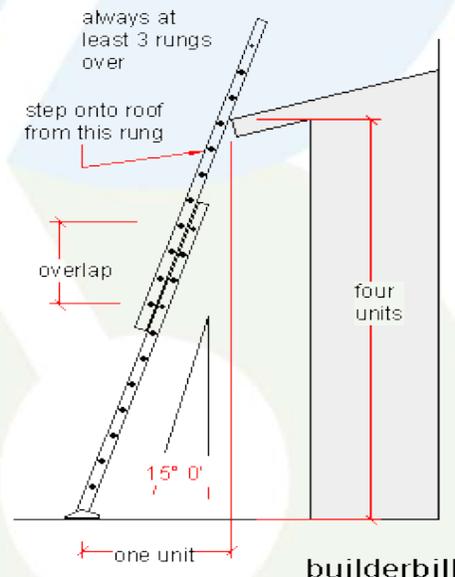
Taking proper precautions with ladders begins with choosing the right ladder. Consider the type of work the ladder will be used for, the weight it must carry, and the condition of the ladder.

Extension ladders

- Use a ladder in the manner that is supposed to be used.
- Set your ladder at the correct 4 to 1 angle. For every four rungs, place the ladder back a foot. As a check, with your feet on the feet of the ladder and your arms extended straight forward, you should just be touching a rung of the ladder.
- If possible, screw a 2x4 cleat to the ground behind the ladder's feet to prevent the ladder from slipping backward.
- Tie off the top of the ladder to prevent it from slipping sideways.
- Extend the ladder three feet above the landing.

Step ladders

- Inspect the ladder before every use. Take broken ladders out of service.
- Place a portable step ladder so that all feet have secure footing.
- Always face the ladder when moving up or down.
- Always have three points of contact with the ladder for proper balance.
- Never stand on the top step or very top of the ladder.
- Think about whether there is a safer way to do the work than standing on a ladder.



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