

# Ladder Safety

Ladder usage is very common in the workplace and at home. However, each year more than half a million people are injured while using ladders. There is always an increase in ladder usage during the autumn and winter seasons. Whether you're changing a clock, replacing light bulbs, painting, clearing leaves from gutters, hanging Christmas lights, or removing/replacing items in storage areas, you'll need a longer reach than a ladder provides.

Here are [OSHA](#) and the [Home Safety Council's](#) recommendations for using a ladder safely.

1. Chose the right ladder for the job. (avoid climbing on chairs, tables, desk, countertops etc...)
2. Inspect the ladder before each use, **NEVER** use a damaged ladder.
3. Ladder Pitch: Ladders should be set up at a 4:1 angle (1 ft. out from the base for every 4 ft. of rise).
4. Wear proper footwear with non-slip soles.
5. Do not stand above what is prescribed by ladder's manufacturer, i.e.. (above top three rungs).
6. Avoid over reaching, changing your center of gravity will cause the ladder to tip.
7. Keep at least 3 points of contact when working. (2 feet and 1 hand / 1 foot and 2 hands).
8. You must extend the ladder at least 3 ft. above any surface your climbing onto, i.e.. (a roof top).
9. Don't carry large tools or other bulky items in-hand while climbing, use a tool belt or hoist.
10. Face the ladder while ascending and descending.
11. Use a spotter whenever possible.
12. Avoid setting up ladders near doorways and in busy hallways.

## What Not To Do

