

LADDER SAFETY

EXTENSION LADDERS

- 1 Always inspect the ladder before use.
- 2 Ensure the ladder is equipped with proper footing to keep it from slipping.
- 3 Set the ladder on a firm and level base and use approved leveling accessories from the manufacturer, if needed.
- 4 Place the base of the ladder a quarter of the working length from the wall or vertical surface (4:1 Ratio).
- 5 Secure the ladder from becoming displaced by tying it off at the top or staking it at the bottom. Use a spotter at the bottom to help support the ladder.
- 6 Always face the ladder while ascending and descending.
- 7 Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when ascending and descending a ladder.
- 8 Haul items with a line or place them in your tool belt rather than carrying them up while ascending and descending a ladder.
- 9 Side rails must extend at least three feet above the upper landing surface.
- 10 If placing a ladder in front of a door, erect a barricade to keep traffic away from the ladder.



- Keep your body inside the side rails
- Do not stand on the top three rungs of a straight or extension ladder
- Do not carry objects while ascending or descending the ladder
- Do not use metal ladders near power lines or electrical equipment
- Keep ladders free of any slippery materials

CORE Safety Group's mission is to provide high-quality safety and health services to our clients which add value to their organization and protect their greatest assets: their people.



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