

# 8

## WAYS TO STEP UP TO LADDER SAFETY

### 1 PREPARATION FIRST

- Clean the rungs of grease or other substances.
- Always wear non-skid shoes.

### 2 CHOOSE THE RIGHT LADDER

- Metal ladders should not be used around electrical equipment or wires.
- Don't use a stepladder as a straight ladder.

### 3 INSPECT YOUR LADDER

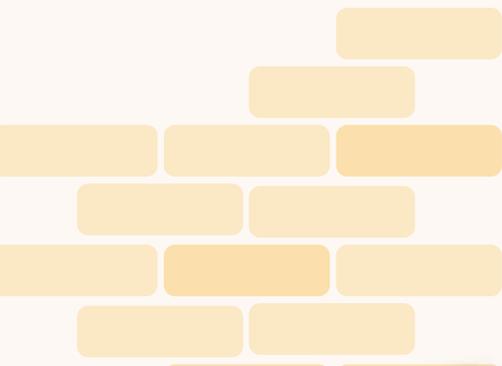
- A ladder should be sturdy when it's set up, not wobbly. Make sure there are no broken rungs or damaged rails.

### 4 GET INTO POSITION

- Consider a colleague holding the ladder.

### 5 SECURE THE LADDER

- Place the ladder on a firm ground. Don't set it on boxes or other supports.
- Tie off your ladder at the top and bottom (if practical).





## 7 NO REACHING

- As the work you are doing gets farther away from you, move the ladder. Don't reach the extra distance.

## 6 CLIMB SAFELY

- Hold on with both hands while you climb.
- Only one person can be on the ladder.

## 8 GIVE YOURSELF SPACE

- Avoid doorways where someone could walk through and accidentally bump your ladder. If necessary, block the door while you are working.