

# Ladder Safety

Ladders are dangerous tools that should be used as a last resort.  
Always use a safer alternative to ladders when possible.

20,000+  
**WORKPLACE  
INJURIES**  
INVOLVING LADDERS EVERY YEAR



## LADDER ALTERNATIVES:

- Scissor lift
- Scaffolding
- Aerial lift
- Rolling stairs



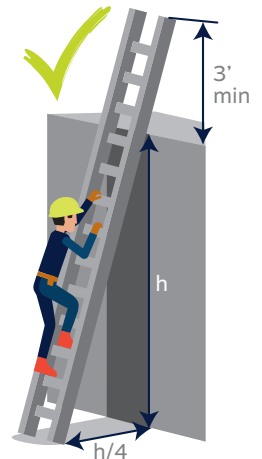
**NEVER** USE A LADDER  
WITH METAL COMPONENTS  
AROUND ELECTRICAL WIRES



THE **SAFEST** WAY TO WORK  
AT HEIGHTS IS WITH A  
LIFT, PORTABLE STAIRS OR  
ANOTHER ALTERNATIVE!

## IF YOU MUST USE A LADDER...

- Choose the correct ladder for the job.  
Types of ladders (some options): step ladder, extension ladder, dual-purpose, platform, single rail
- Inspect the ladder for damage before use.
- Review and follow warnings and instructions.
- Avoid over-reaching.
- Maintain three points of contact.
- Ask for help when using a ladder.
- Secure extension ladders at least 3 feet above support edge. Set the ladder out one foot for every four feet of ladder height to the support edge.



To learn more about the Ladders Last philosophy, visit [mem-ins.com/ladderslast](https://mem-ins.com/ladderslast).