

# Ladder Safety

## General Safety

*Use ladders last! Ladders are dangerous tools that should be used as a last resort. Even a short fall from a step ladder can result in serious back, leg and head injuries. It can even be fatal. Always use a safer alternative to ladders when possible.*

### Tool Box Tips

- Think twice before assuming a job requires a ladder. Consider safer alternatives such as a lift, scaffolding or rolling stairs.
- Choose the correct ladder for the job. Use of improper ladders or step stools could lead to serious injury.
- Never use chairs, buckets, crates or other objects in lieu of the proper ladder.
- Never use a metal ladder, or wooden ladder with metal reinforcements, around electrical wires.
- Follow safety labels, warnings and instructions displayed on the ladder.
- Inspect the ladder for damage before use.
- Check ladder and shoes for oil, mud or other slippery material.
- Avoid setting up ladders in doorways or heavy traffic areas.
- Place ladder on a firm, solid and dry surface.
- Set up step ladders with both spreader bars fully extended and locked.
- Extend extension ladders at least three feet above the support edge. Set the ladder out one foot for every four feet of ladder height to the support edge.



**Use ladders only as a last resort.**

- Tie off or secure extension ladders to prevent them from tipping over.
- Avoid over-reaching. Keep your belt buckle inside the rails of the ladder.
- Maintain three points of contact when going up or down ladders. Use rope or another device to raise or lower supplies.
- Do not stand on the top two steps of a step ladder.
- Get help when attempting to do a difficult task atop a ladder. Offer to assist coworkers when they are working at heights.

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