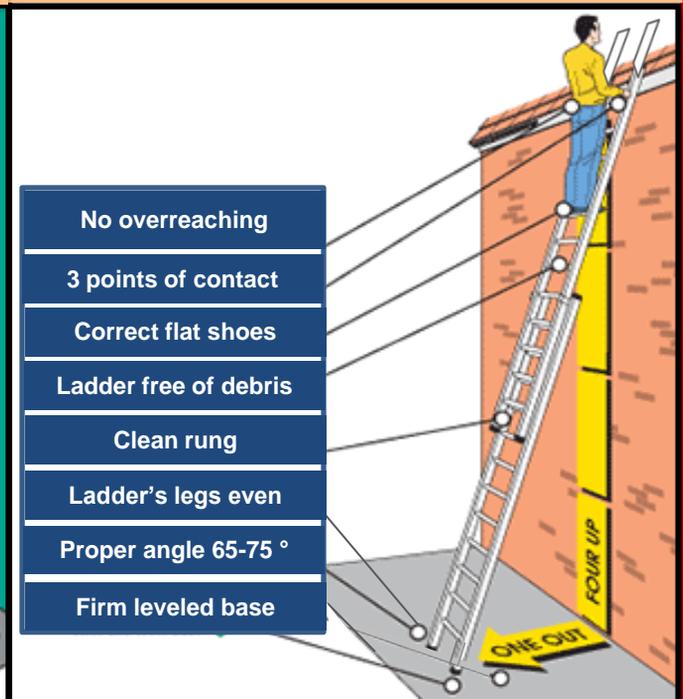


MCLB ALBANY SAFETYGRAM

TEN SAFETY LADDER PRACTICES

1. Use the right kind of ladder for your task, for example: use an insulated ladder when working with electric equipment.
2. Maintain access to a stepladder and a straight ladder (usually an extension ladder) as needed.
3. Read and follow the manufacturer's instructions on the label attached to the ladder.
4. Obey the **"NOT A STEP"** markings on the top steps and the shelf for stepladders.
5. Face the ladder when climbing.
6. Check your ladder for damage to the rungs, steps, feet, hinges and braces.
7. Open stepladders completely. Lock the spreaders in place.
8. Remember the 4:1 ratio rule for straight ladders. This means for every 4 feet up, the base should be set out 1 foot.
9. Ensure the ladder extends above the edge at least three feet when you're climbing onto a roof or platform.
10. Watch for hazards like slippery/ unstable standing surfaces and/or overhead power lines.



REMEMBER THAT USING LADDERS SAFELY WILL GET YOU TO THE TOP!!

More info at: <http://www.osha.gov/doc/outreachtraining/htmlfiles/stairlad.html>



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