

Use Ladders Safely



Follow safety tips to keep you from an injury sustained on a ladder.

- Make sure your ladder is long enough for you to reach the job without standing on the top three steps or overextending your body.
- Check the ladder for cracks or weak spots before you use it. Metal ladders should have nonskid steps and footings. (Don't paint a ladder; you'll hide defects.)
- Make sure the soles of your shoes or boots are dry and have enough tread to prevent slipping.
- Always steady a ladder on firm ground or a flat board.
- Never place a ladder in front of a door that someone may open.
- Wear tools on a belt or keep them in your pocket so you can keep your hands free when climbing up or down a ladder.
- To avoid losing your balance while standing on a ladder, don't lean too far back or to the side.
- Don't use a ladder outdoors on a very windy day.
- To avoid electrocution, don't use metal ladders near power lines.