

ENVIRONMENTAL HEALTH AND SAFETY

FACILITY AND OCCUPATIONAL SAFETY

LADDER SAFETY



Preventing Falls: Essential Ladder Safety Tips for the Workplace

Falls from ladders are a leading cause of workplace injuries and fatalities. The tips below are to ensure proper use and your safety.

Inspect all ladders before and after use

- Look for damaged side rails, rungs and supports.
- Ensure nuts and bolts are tight and that your feet are secure.
- Test the ladder's stability.
- Check the label to ensure it's legible and to verify load ratings and construction material.
- *Take ladders with structural damage out of service*



Administrative Operations

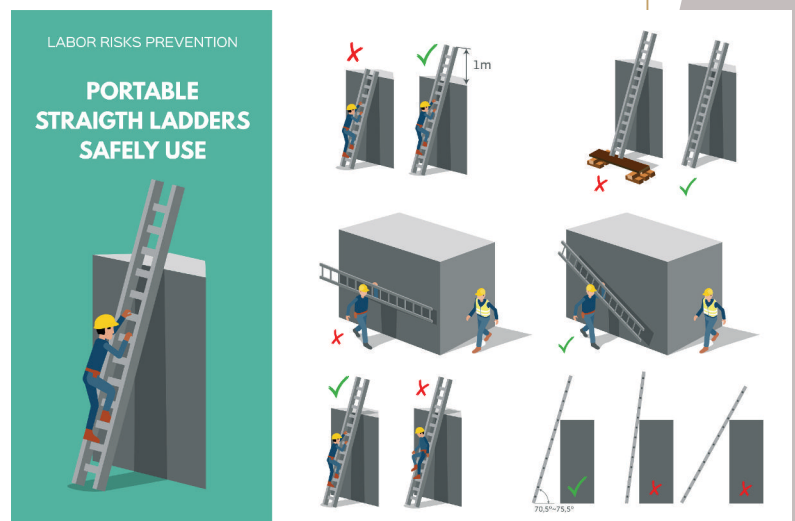
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Ladder Placement

- When using a portable ladder, place it on a level surface and make sure it has non-slip base pads.

Best Practices

- Face ladder and hold side rails with at least one hand when climbing
- Protect base of ladder in busy areas
- Keep ladder free of clutter
- Carry tools on a belt or hoist



Make sure to pick the right ladder for the job.