



## LADDER SAFETY

### CLIMBING LADDERS SAFELY

#### Climbing Step by Step

#### OSHA Regulations Made Simple

<p><b>Face Ladder Going Up &amp; Down</b></p> <p>When climbing any ladder, you must face it. Never turn out or away.</p>	<p><b>Keep Centered</b></p> <p>Follow the “belt buckle rule” by keeping your body centered within the ladder’s side rails.</p>
<p><b>Use 3-Point Contact</b></p> <p>3-Point Contact means you have 2 hands and 1 foot or 1 hand and 2 feet in contact with the ladder at all times. It is the safest and most sensible way to go up and down a ladder, and you’ll always be sure to have at least one hand on the ladder.</p>	<p><b>Carry No Loads</b></p> <p>Carry only small objects in a tool kit on your belt. You cannot carry any load that could cause you to lose your balance. Use hoists or chain falls to lift materials.</p>
<p><b>One Person at a Time</b></p> <p>Wait for the person who went up the ladder first to get all the way off at the top. Then you can climb. This applies when coming down the ladder, too.</p>	<p><b>Avoid Exerting Force</b></p> <p>To maintain stability while on the ladder, don’t pull, lean, stretch, or make sudden moves. These could all cause you to lose your balance. Never try to make a shortcut by “walking” a ladder over to a new position.</p>
<p><b>Be Aware When Getting On and Off</b></p> <p>Be especially careful as you step onto and off of the ladder. To make sure you have the proper foothold at the top of the ladder, you should be able to fit your foot on the step closest to the upper landing without your toes hitting the wall.</p>	<p><b>No Standing on Top or Top Step of Stepladder</b></p> <p>On an A-frame or stepladder, climb no higher than the second step from the top. Never climb on the cross bracing. Never sit on any step, including the top.</p>
<p><b>No Standing on Top 3 Rungs of Straight or Extension Ladder</b></p> <p>On straight or extension ladders, you can climb up only to the fourth rung from the top.</p>	<div data-bbox="841 1633 1068 1864" data-label="Image"> </div> <p><b>DON'T FALL FOR IT!</b></p>

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Talk Given By: \_\_\_\_\_ Date: \_\_\_\_\_

Company: \_\_\_\_\_ Location: \_\_\_\_\_

Printed Name	Signature