

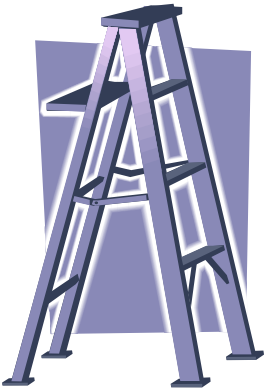


Using Ladders Safely

Ladders are pretty uncomplicated devices. Unfortunately they cause more than their share of accidents due to improper use or selection.

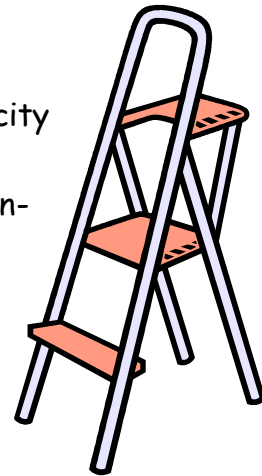
General Concerns with Ladders

- Poor condition - if a ladder is missing parts or has parts that are not intact, it is not going to be able to support a person safely. Frequent inspections are key.
 - Improper selection - not every ladder is right for every use. You should be aware of a ladder's weight and height limits. Never use a metal ladder near live electrical wires since metal conducts electricity.
 - Improper use - ladders are designed to get you to a higher level. They are not platforms, scaffolds, skids or braces.
 - Lack of use - when you have to climb, use a ladder and not a chair, desk, box or other substitute.



To Use a Ladder Safely

- Select a ladder that's the right length and weight capacity for the job.
- Make sure rungs or steps are in good condition, have non-slip surfaces and are free of grease and oil.
- Set up ladders on a firm level surface.
- Don't allow more than one person on a ladder.
- Wear shoes with clean, nonskid soles.
- Face the ladder when climbing up or down.
- Don't move a ladder while you're on it.
- Use both hands to climb.
- Set ladder feet parallel to the surface it rests against.
- Check that support braces, bolts, screws, etc., are in good condition.
- Keep one hand on the ladder while working.
- Store ladders either vertically or horizontally with supports at each end and in the middle.
- Get assistance when lifting down a heavy or awkward object.
- Take the extra time to go get the ladder!



Information provided by Schools Insurance Authority www.sia-jpa.org