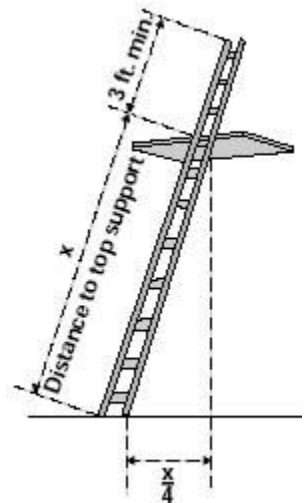


## LADDER SAFETY

You don't have to be a maintenance or construction worker to be concerned with the safe use of ladders. Many injuries are the result of improper ladder usage at home as well as on the job.

According to The National Safety Council, 93,000 Americans are injured every year while using ladders. In fact, falls are the second leading cause of accidental death for Americans after traffic collisions. Here are some tips for the safe use of ladders:

- Never paint wooden ladders, as the paint may hide cracks and other defects.
- Be careful when carrying a ladder so you do not accidentally strike another person.
- Always place a ladder on solid level ground or other appropriate and stable surface. Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment. Maintain a minimum 10 foot clearance from power lines.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or destroyed and discarded.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing (see diagram).
- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- The top and second step/rung of a ladder is not to be used.
- Never move or shift a ladder while a person or equipment is on it.
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support (see diagram). Do not stand on the three top rungs of a straight, single or extension ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface (see diagram).
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement and a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Read and follow all labels/markings on the ladder.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment. Ladders are classified as Types, I, II, or III. Type III ladders are designed to support 200 pounds of equipment and the worker. Type II ladders are designed to support approximately 225 pounds, and Type I will support approximately 250 pounds.



If there are any questions or concerns, please call the University of Rochester Environmental Health and Safety main number at (27)5-3241.