



## Step Ladder Safety

Step ladders are commonly used on our jobsites, but improper use can quickly lead to serious injuries. Following these guidelines helps prevent falls, strains, and electrical hazards.

### Always

- Face the ladder when climbing up or down.
- Maintain three points of contact at all times.
- Set the ladder on a level, stable surface.
- Ensure all four legs are firmly on the ground before use.
- Ensure spreader bars and folding supports are fully extended and locked.
- Keep your belt buckle between the rails to avoid overreaching.
- Use the correct ladder height for the task.
- Keep the area around the ladder clear of debris and foot traffic.
- Inspect the ladder before each use.
- Wear proper footwear with slip-resistant soles.

### Never

- Carry tools or materials in your hands while climbing a ladder.
- Overreach or lean outside the ladder rails.
- Stand on the top step or top cap of a step ladder.
- Use a step ladder closed or leaned against a surface unless designed for that purpose.
- Use metal or wood ladders (exception: excavation when approved).
- Work within 10 feet of overhead power lines.
- Use a damaged, modified, or missing-labeled ladder.
- Move or walk a ladder while someone is on it.
- Use a ladder as a platform, scaffold, or work surface.
- Use a ladder near a guardrail that is protecting a leading edge. Take the height of the ladder and add 5ft, if you are within this distance from the guardrail you should be tied off.



**Stepladder**

## DISCUSSION QUESTIONS:

- What hazards do we commonly see when using step ladders on this jobsite?
- What is the safest ladder to use for the work we are doing today?
- Have you ever seen a ladder used incorrectly? What should have been done differently?
- What should you do if you find a damaged or unsafe ladder?
- How can rushing or overreaching increase the risk of a fall?

**REMEMBER:** Most ladder incidents happen due to rushing, overreaching, or using the wrong ladder for the job. If a ladder does not feel safe, do not use it—report it immediately. No task is so urgent that it can't be done safely.