



INSTALLATION SAFETY BULLETIN

SB 23-03-01

March 2023 : National Ladder Safety Month

Ladder accidents can be **prevented** ... if you stick to the following **simple rules**.

CHOOSE THE RIGHT LADDER:

- Select a ladder which is the correct length to reach the working height.
- Ensure that the ladder is of the correct weight rating. The combined weight of the user, their tools and materials should NEVER exceed the rating of the ladder.
- Most ladders are available with weight ratings of 200, 225, 250 and 300 lbs.

CHECK THE CONDITION OF THE LADDER:

- Read the labels on the ladder then check for split or cracked side rails, missing or broken rungs, loose rungs or other weaknesses.
- Check for splinters and sharp edges.

PLACE THE LADDER WITH SAFETY IN MIND:

- Make sure the ladder has firm footing and that it's feet are ¼ the length of the ladder away from the upright surface to be climbed.
- Don't use a step ladder as a single ladder. Make sure it is fully open with the spreaders properly locked.

CLIMB THE LADDER CAREFULLY.

- Wear shoes with good soles and that are free of grease or mud.
- Always face the ladder and use both hands when climbing up or down

- Don't carry your tools or materials: raise and lower them with a hand line: *don't have someone toss them up to you or just drop them when you are finished.*
- If you don't feel well, DON'T climb the ladder.
- Always climb and work from the center of the ladder. Don't climb up the "back" side of a step ladder and never stand on the top of it.

NEVER OVERREACH! MOVE THE LADDER INSTEAD:

- Breaking this one simple rule causes more accidents than you can possibly imagine.

TIE OFF THE LADDER:

- Once you have climbed to your working height, tie-off the ladder and use a safety belt.

TAKE CARE OF YOUR LADDERS:

- When you are finished with your ladder, put it back where it belongs.
- Always keep them clean and free of excess material.
- Store them in a safe and dry place, out of direct exposure to the sun and the elements. Make sure your ladders are tied down during transit. Never paint a wooden ladder. You can however use clear wood preservatives.

Your ladder is one of your most important tools. It is also is one of your most unforgiving if misused or mistreated; so use it safely and wisely.

Falling Off a Ladder Can Kill You

INSTALLATION SAFETY OFFICE
1520 FREEDMAN DRIVE SUITE 217
PHONE 301-619-7318
USARMY.DETRICK.USAG.LIST.ISMO@MAIL.MIL

