

PROPER STEP LADDER SET UP

Injuries arising out of the use of step ladders are more frequent than you may expect.

Use these simple safety tips to prevent injury:

- Always inspect the ladder you are going to use before using it.
- Never climb a damaged, bent, or broken ladder. All working parts must be in good working condition.
- Make sure you choose the ladder you need, taking into consideration the working height you will need to reach. [Chose the correct ladder for the worker's weight and task to be performed.](#)
- Always set the ladder on firm level surfaces with a secure footing.
- Do not use ladders on slippery surfaces.
- Do not place ladders on boxes, bricks, scaffolds or any unstable [surface or blocking](#) to gain additional heights.
- Always be sure that the ladder is fully opened, spreaders secure, and pail shelf is in position.
- Keep the ladder close to the work so that you will not be over-extending.
- Do not place a ladder in front of a door (especially if it opens towards you). If needed, notify others in the area, and use signs and barricades so the door will not be used.
- Never store materials on the ladder or permit materials to accumulate on the steps or at the base of the ladder.
- Use three points of contact (hands and feet) at all time while on the ladder.
- Follow the manufacturer's instructions and the warning decals on the ladder for proper and safe use.

