



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

# RISK REMINDER

## LADDER SAFETY

According to the National Safety Council, over 30,000 people are injured each year by falls involving ladders. Most accidents occur because the users violate the basic rules of ladder safety. Offered below are five rules for ladder safety.

### Rule #1

#### SELECT THE RIGHT LADDER FOR THE JOB

There are many types of ladders, the most common being straight (single or extension) ladders and stepladders. They may be made of wood, aluminum or fiberglass. Look for the label certifying that it complies with ANSI and that it is listed with Underwriters Laboratories (UL). Be sure the ladder is long enough and sturdy. Do not use aluminum ladders near electricity!

### Rule #2

#### INSPECT THE LADDER BEFORE YOU USE IT

Inspect for loose or damaged rungs, steps, rails or braces. Make sure the spreaders on stepladders can be locked in place. Check the safety feet of ladders so equipped. Never use a ladder that is defective! Painting can hide defects so do not paint a ladder.

### Rule #3

#### SET UP THE LADDER WITH CARE

Use a barricade if ladder is in a traffic area to prevent collisions. The base should be on a solid, level surface that is kept uncluttered. Straight ladders should be placed at a four-to-one ratio. If you plan to climb onto a roof be sure the ladder extends at least three feet above the edge.

### Rule #4

#### CLIMB AND DESCEND LADDERS CAUTIOUSLY

Always face the ladder and hold on with both hands. When climbing, always maintain 3-point contact (2 hands, 1 foot or 1 hand, 2 feet) with ladder. Use a tool belt or hand line to bring tools to the work height.

### Rule #5

#### USE COMMON SENSE

Never reach too far to either side. Always keep one hand on the ladder. Never climb higher than the second step from the top of a stepladder or the third from the top of a straight ladder. Use care when carrying or transporting a ladder to avoid injuries to others and damage to the ladder. Store ladders in well ventilated areas in a manner that will prevent sagging or warping.

**For more information, contact TOIRMA at (888) 562-7861**

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