

The Importance of Ladder Safety



Choose the Right Ladder: Ensure your ladder is the correct height for the task. Avoid standing on the top rung, and make sure the ladder is rated for your weight.

Inspect Before Use: Check your ladder for any damage, such as cracks or loose rungs. A quick inspection can prevent accidents.

Wear Appropriate Footwear: Use shoes with non-slip soles to prevent slipping while climbing.

Set Up Properly: Place the ladder on a stable, level surface. If you're using an extension ladder, follow the 4-to-1 rule: for every four feet of ladder height, place the base one foot away from the wall.

Use the Three-Point Contact Rule: Always maintain three points of contact with the ladder (two hands and one foot, or two feet and one hand) to ensure stability.

Avoid Overreaching: Move the ladder as needed instead of leaning too far to one side. Overreaching can easily cause the ladder to tip over.

Have a Spotter: If possible, have someone hold the base of the ladder to provide extra stability and assistance.

