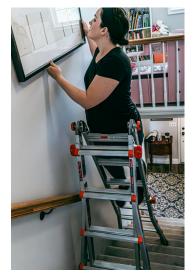


## **Safe Positioning and Climbing**

## Safe Positioning

- Confirm that the ground where the ladder is set-up is firm and level or use approved accessories such as ladder levelers.
  - Using a ladder on unlevel ground can cause instability, which can lead to serious injury or death.
  - Always use approved accessories to level a ladder.
    - Never use blocks, buckets, or other unstable means to level a ladder as those items can slip out or tip over when ladder is in use causing serious injury or death.
- Ensure all ladder feet are firmly in contact with ground surface and both top rails of non-self-supporting ladders are firmly in contact with upper surfaces before climbing to avoid instability or slip issues.
  - Ensure the top three rungs of a single or extension ladder are extended above any upper surface where access to that surface is required.



- Never adjust or move an extension ladder from above only adjust the length and placement from the ground. Ladder locks can be disengaged, foot placement cannot be ensured, and ladder angle cannot be verified when adjusted from above.
- Before climbing, always ensure the spreader bars on stepladders are completely open and locked in place and that both ladder locks on extension ladders are completely engaged around the rung.
- Secure ladder where possible by tying off, blocking, bracing, or having an assistant hold the ladder.
  - Not properly securing a ladder during use can result in issues with stability and slipping.
  - With extension or leaning ladders, ensure ladder is set up at the proper angle and secured from movement before climbing.
    - A shallow angle increases the risk of slide out.
    - Using a ladder at too shallow of an angle can cause extreme loading on the ladder, which is outside of the intended load rating.
- Ensure that any surrounding doors are blocked from opening, locked, or properly guarded.
  - Using a ladder in front of a door can allow the door to be opened while climbing or working from a ladder causing the ladder to be moved or tipped over while in use, resulting in the user falling.

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## Safe Positioning and Climbing (continued)

## Safe Climbing

- Always maintain three points of contact while climbing by keeping two hands and one foot or two feet and one hand in contact with the ladder.
  - Climb slowly and deliberately and avoid sudden movements.
  - While ascending or descending the ladder, always be attentive to what you are doing and your surroundings.
  - Use towlines, a tool belt, or an assistant to convey materials so that your hands are free when climbing.
- Never climb, stand, or sit on the top step or top cap of a stepladder. Do not straddle the top of the ladder.
  - These improper positions can affect the stability of the ladder and can cause the user to lose their balance.
- Always keep the center of your stomach between the ladder side rails.Not properly securing a ladder during use can result in issues with stability and slipping.
  - Do not overreach, lean, or pull the ladder sideways while working.
- Never attempt to move a ladder while standing on it. This can result in issues with balance, stability, and slip. It also damages the ladder and can cause premature wear.
- If using a ladder outdoors, ensure that the weather is safe for ladder use.
  - Inclement weather, such as rain, ice, mud or wind can cause the ladder to slip or become unstable, resulting in serious injury or death.
- Clean the soles of your shoes to maximize traction and avoid slipping.
- Ensure that you are in good health; not influenced by drugs, not tired, dizzy, or prone to losing your balance before using the ladder.



