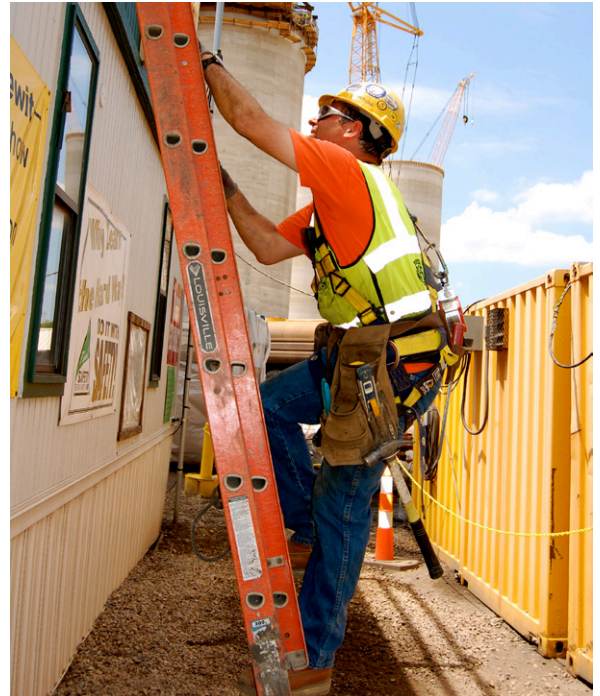


LADDER SAFETY

IMPORTANT

Based on 2014 published data from the Bureau of Labor Statistics, **261,930** private industry and state and local government workers missed one or more days of work due to injuries from falls on the same level or to lower levels¹, and **798** workers died from such falls.



Use Common Sense and Follow Some Simple Safety Rules

- *Placing ladder on unstable surface or soft ground*
- *Setting a ladder against a window or in front of a door*
- *Placing a ladder up against a surface that isn't strong enough to support your weight*
- *Using a ladder which is broken or defective*
- *Not having stepladders fully extended and locked in place*
- *Climbing higher than the top 3 rungs*

Simple Rules for Preventing Falls

- 1 *4 to 1 Rule: Place the base of the ladder 1 foot from the wall for every 4 feet between the base and the support point.*
- 2 *Select appropriate ladder, inspect before use, report defects.*
- 3 *Follow ladder safety rules and regulations.*
- 4 *3-Points of Contact Rule: Hold on while you climb and are working.*
- 5 *Don't overreach – get down and move the ladder.*
- 6 *Always extend extension ladder at least 3 feet beyond roof or supporting point.*

