Ladder Safety Tips

As we get ready to decorate our homes, offices for the Christmas Season we often forget about some of simple things about putting up the Christmas lights and decorations and that is “Ladder Safety”.

Ladder Safety - Safe Use and Care of Your Ladder

- Always inspect your ladder prior to using it.
- Select the right ladder and ladder length for the task.
- Do not use a damaged ladder.
- Face the ladder when climbing and working.
- Wear non-slip footwear.
- Use only non-conductive ladders where an electrical hazard exists.
- Do not leave your ladder unattended.
- Store your ladder in a covered location.
- Be aware at all time of other people when using your ladder.
- Using a ladder near a doorway is hazardous, lock, remove or block the door open.

Extension Ladders 4 to 1 rule

- Ensure that the top & bottom of the ladder is secured against slipping.
- Ensure the ladder lock is properly engaged on both rungs.
- Ensure the ladder is extended 1.0 m above the roof line when using it to gain roof access.
- When using long extension ladders, it is best to have an assistant.
- Remember the four in one rule when using extension ladders. The ladder should always be 1.0 m out from the wall for every 4.0 m of vertical height.

Step Ladders

- Double-sided step ladders should only be used in the fully open position.
- Ensure the ladder is used on a firm level surface and stable.
- Have a assistant hold the ladder or hand you tools.
- Read the labels and do not stand where the labels say “Do not Stand”.
- Ensure your body is centered between the stiles of the ladder at all times.
- Do not stand on the top of a step ladder.