



Bakersfield Composite Squadron #121



60-Second Safety Advisor #29

Ladder Safety

There is no reason for anybody to get hurt, disabled or killed while using a ladder. Yet it happens every single day. Somebody steps on the safety sticker that says "This is not a step!", or puts a rock under one of the legs because the ladder is "just not quite stable enough", or just reaches out just a little bit too far. Virtually every ladder accident could and should have been prevented. Stick to the following simple rules to ensure that you are never injured while using a ladder. First - choose the right ladder; always select a ladder which is the correct length to safely reach the working height. Also ensure that the ladder is of the correct duty, or weight rating. Next, check the condition of the ladder. Read all the labels on the ladder then check for split or cracked side rails, missing or broken rungs, loose rungs or other weaknesses. Third, use your head and think safety before you setup the ladder. Make sure the ladder has firm footing and is stable. Fourth, climb the ladder carefully and practice situational awareness. Ensure that your shoes are free of grease or mud and always face the ladder and use both hands when climbing up or down. Finally, never overreach - move the ladder instead (breaking this rule causes the majority of ladder accidents). Your ladder is one of your most important tools. It is also is one of your most unforgiving if misused or mistreated; so use it safely and wisely.

