



GENERAL RULES OF SAFETY AND HEALTH

Ladders and stepladders

- Read and follow the manufacturer's instructions label affixed to the ladder if you are unsure how to use the ladder.
- Do not use ladders that have loose rungs, cracked or split side rails, missing rubber foot pads, or are otherwise visibly damaged.
- Keep ladder rungs clean and free of grease. Remove buildup of material such as dirt or mud.
- Do not use a metal ladder on rooftops or within 50 feet of electrical power lines.
- Do not place ladders in a passageway or doorway without posting warning signs or cones that detour pedestrian traffic away from ladder.
- Lock the doorway that you are blocking with the ladder and post signs that will detour foot traffic away from your work.
- Do not place a ladder at a blind corner or doorway without diverting foot traffic by blocking or roping off the area.
- Allow only one person on the ladder at a time. Face the ladder when climbing up or down it.
- Maintain a three-point contact by keeping both hands, one foot or both feet or one hand on the ladder at all times when climbing up or down the ladder.
- When performing work from a ladder, face the ladder and do not lean backward or sideways from the ladder.
- Do not stand on tables, chairs, boxes or other improvised climbing devices to reach high places.
- Use the ladder or stepstool. Do not stand on the top two rungs of any ladder.
- Do not stand on a ladder that wobbles, or that leans to the left or right of center.
- When using a ladder, extend the top of the ladder at least 3 feet above the edge of the landing.
- Secure the ladder in place by having another employee hold it.
- Do not move a rolling ladder while someone is on it.
- Do not place ladders on barrels, boxes, loose bricks, pails, concrete blocks or other unstable bases.
- Do not carry items in your hands while climbing up or down a ladder.
- Do not try to "walk" a ladder by rocking it.
- Climb down the ladder, and then move it.
- Do not use a ladder as a horizontal platform.

Signature: _____

Date: _____