

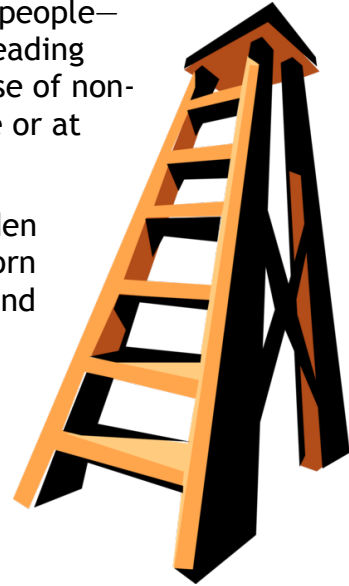


## Ladder Safety Training

Even the thought of climbing a ladder can be scary for some people—that’s not an entirely unreasonable fear. Falls are the third leading cause of unintentional injury-related deaths and the top cause of non-fatal injuries. In 2017, 36,338 people died from falls at home or at work.

Factors contributing to falls from ladders include haste, sudden movement, lack of attention, the condition of the ladder (worn or damaged), the user’s age or physical condition (or both) and even the user’s footwear.

Most of us make the presumption that “it’s just a ladder.” Super simple—go up, do what needs to be done, then come back down. Without genuine attention to everything in play when using a ladder the trip back down can be much quicker, and far more painful, than you thought:



<b>Friction</b>	Wearing slip-resistant shoes with heavy (and clean) soles to prevent foot fatigue
<b>Angular Momentum</b>	Do not overreach or lean while working so that you don't fall off the ladder sideways or pull the ladder over sideways while standing on it.
<b>Center of Mass</b>	Keeping the center of your belt buckle (stomach) between the ladder side rails when climbing and while working.
<b>Inertia</b>	Climbing slowly and deliberately while avoiding sudden movements; never attempting to move a ladder while standing on it

Ladders are tools. Many of the basic safety rules that apply to most tools also apply to the safe use of a ladder. Common sense all day, every day:

- If you feel tired or dizzy, or are prone to losing your balance, stay off the ladder.
- Before using a ladder, inspect it to confirm it is in good working condition.
- Ladders with loose or missing parts must not be used.
- The length of the ladder must be sufficient so that the climber does not have to stand on the top rung or step. **Never use the top of the ladder as a step!**

- When the ladder is set-up for use, it must be placed on firm, level ground and without any type of slippery condition present at either the base or top support points.
- Only one person at a time is permitted on a ladder..
- **Ladders must not be placed in front of closed doors that can open toward the ladder.** The door must be blocked open, locked, or guarded.

Here's a few more common sense classics that are often overlooked or outright ignored:

- Never lean a straight or extension ladder against a window pane or other unstable surface
- Never lean a ladder against a wall, always open it up so it looks like an 'A'.
- Always make sure the ladder braces are locked!
- Never place a ladder on a box, barrel or other unstable base to gain additional height



### The Three Points-of-Contact Climb

At all times during ascent, descent, and working, the climber must face the ladder and have:

- Two hands and one foot, or . . .
- Two feet and one hand . . . in contact with the ladder steps, rungs and/or side rails.

This way the climber is not likely to become unstable in the event one limb slips during the climb. It is important to note that the climber must not carry any objects in either hand that can interfere with a firm grip on the ladder. Otherwise, three points of contact with the ladder cannot be adequately maintained and the chance of falling is increased in the event a hand or foot slip occurs.

All important points to know and practice in the work environment and at home. Having covered all that . . .

Facebook insurance policies do not allow for Chayce staff to use the ladders anywhere on site. We may use our own stepladders (the short ones) but no others.



