



LADDERS

are one of the most widely used tools. Choosing the right kind of ladder for your specific task is crucial for safety. Do not use furniture or building structures in place of a ladder. Falls resulting from improper ladder use are extremely common and can lead to serious injury. There are two types of ladders, portable (self-supporting or non-self supporting) and fixed. Fall protection is required when climbing a fixed ladder higher than 24 ft. or climbing a portable ladder near a leading edge that could result in a fall. Speak to your supervisor if you believe your task fits within this list. Always follow proper procedures before and during use.

BEFORE USE:

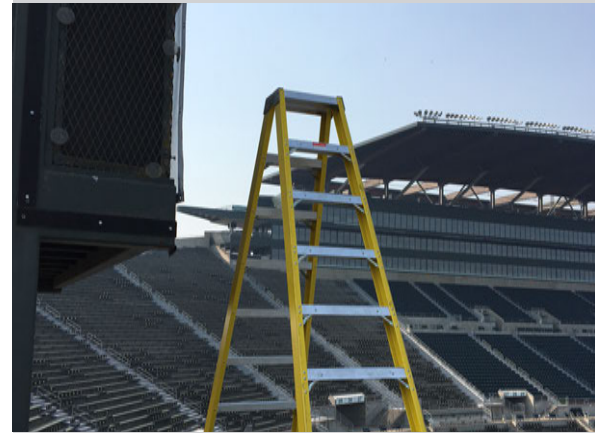
- Complete ladder training! For indoor step ladder use "Step Ladder Safety Training" is available online on MyTrack. For all other ladder use, complete the EHS classroom training.
- Pick the right ladder for the job. Do not use aluminum near energized equipment! If you do not have access to a ladder speak with your supervisor.

SET UP:

- Complete a pre-use inspection checking for wear. Do not use if broken! Tell your supervisor!
- Set up on an even, stable surface at a 4:1 height to base ratio. Tie off the ladder, if possible.
- Always lock in extension ladder rungs before climbing.
- Use a friend or pulley system to get tools to the top.

IN USE:

- Climb with three limbs touching at all times!
- Hands on rungs not on rails!
- Do not climb onto the top two rungs of a self supporting ladder or three of an extension ladder.
- Keep both feet on the ladder. Do not over reach!
- Report any injuries to your supervisor immediately!
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!



Pick the right ladder for the job!



Do a pre-use inspection for wear!



Do not step on the top three rungs of a extension or two of a self-supporting!

