



Falls are one of the leading causes of occupational injuries.

Follow these tips to reduce your risk.

- ♦ Read and follow all labels/markings on the ladder.
- ♦ Look for overhead power lines before handling a ladder. Avoid using a metal ladder near energized electrical equipment.
- ♦ Always inspect the ladder prior to using it. Remove damaged ladders from service until repaired or discarded.
- ♦ Do not use a self-supporting ladder in a partially closed position.
- ♦ Do not use the top step/rung of a ladder as a step.
- ♦ Always maintain a three-point contact on the ladder when climbing. Always face the ladder while climbing.
- ♦ Ladders must be free of any slippery material on the rungs, steps or feet.
- ♦ Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- ♦ Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- ♦ Do not move or shift a ladder while a person or equipment is on the ladder.

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- ♦ An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support.
- ♦ Do not stand on the three top rungs of a straight, single or extension ladder.
- ♦ A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement, or a barricade must be erected to keep traffic away from the ladder.
- ♦ Be sure that all locks on an extension ladder are properly engaged.
- ♦ Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.

How to achieve a 4:1 set-up angle (75°)

Stand at the base of the ladder. Extend your arms straight out. If the tips of your fingers just touch the rung nearest your shoulder level, then your ladder has a 4:1 ratio.

In the case of job-made wooden ladders, that angle should equal about 1/8 the working length. This minimizes the strain of the load on ladder joints that may not be as strong as on commercially manufactured ladders.



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