



North Carolina Wing Weekly Safety Blast



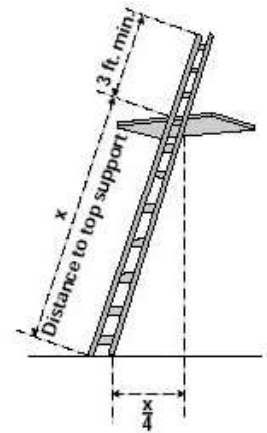
2018 - Topic #11 - Ladder Safety

Reason for this Blast:

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

Safety Points:

- ❖ Ladders should be inspected for damage before use.
- ❖ Ladders should be free of grease, oils and other slipping hazards.
- ❖ Ladders should be placed on stable ground with feet pads positioned down.
- ❖ Ladders should always have the locks properly engaged before using.
- ❖ Ladders must extend at least 3 rungs above any working platform.
- ❖ Ladders should be set-up using the 4-to-1 Safety Rule (Height to Distance Set-Back).
 - 8' tall needs to be set back 2'.
- ❖ Ladders should always be away from powerlines or exposed electrical equipment.
- ❖ Always maintain 3-points of contact, and stay below the top step or rung, while working from a ladder.



MAIN DISCUSSION POINT OF THIS SAFETY BLAST

Don't let a fall shatter your life!

Take time to properly inspect and set-up all ladders before using!