



# SAFETY SHARE: ENSURING LADDER SAFETY

## Importance of Ladder Safety:

Ladders are indispensable tools in many workplaces, but they also pose significant risks if not used properly. Falls from ladders are a leading cause of workplace injuries, highlighting the crucial need for ladder safety awareness.

## Top Five Tips for Ladder Safety:

- 1. Proper Placement:** Ensure ladders are on stable, even ground. Avoid placing them near doors, high traffic areas, or potential electrical hazards.
- 2. Three-Point Contact:** When climbing or descending, maintain three points of contact - two hands and one foot or two feet and one hand - to enhance stability and prevent falls.
- 3. Respect Weight Limits:** Adhere to weight capacities and avoid carrying heavy loads while climbing.
- 4. Inspect Before Use:** Before use, thoroughly inspect the ladder for any defects or damage. Do not use a ladder that is compromised; report it for repair or replacement.
- 5. Climb Safely:** Ascend and descend ladders cautiously, facing them directly and utilizing handrails when available. Avoid overreaching, and reposition the ladder as needed to maintain stability.

By prioritizing ladder safety, you can significantly reduce the risk of accidents and ensure a safer work environment.

# SAFETY SHARE

## Quick Steps:



### Three-Points of Contact

Enhance stability and prevent falls using the three point contact rule.

### Respect Weight Limits

Adhere to weight capacities and avoid overloading the ladder.

### Inspect Before Use

Do not use a ladder that is compromised.



## Contact Us:



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