



# MAY IS SLIPS, TRIPS, AND FALLS SAFETY MONTH AT THE NAVAL POSTGRADUATE SCHOOL

## Ladder Safety

As simple as it may seem to use a ladder, many disabling injuries occur each year due to improper use of ladders. Knowing the “Do’s” and “Don’ts” can help you avoid becoming another victim of falling from a ladder.

## Ladder Safety Checklist

- Make sure the ladder is suited for the type of job you plan to do.
- Inspect the ladder for cracks or broken joints.
- Look overhead before placing a ladder, with special attention to power lines and other electrical hazards.
- Only place the ladder on a stable, even, flat surface and NEVER place it on top of another object.
- Clear any clutter away from the area around the base of the ladder.
- Setup ladders away from doors. If necessary, block off the door and post warning signs.
- If you are working close to a corner, put a sign to warn people of your presence.
- Do not carry heavy objects up the ladder. Use a bucket or other means to lift objects to the work area.
- Maintain three points of contact with the ladder at all times.
- Never allow more than one person on the ladder at a time.
- Always climb the ladder facing the rungs.

**Readiness Through Safety!**

