

March 23, 2022

“LADDER SAFETY”

Have you recently consider everything involved in using a ladder safely?

Using the correct ladder for the correct job is essential and while it correctly reduces falls and injuries! Ladders come in various sizes and types.

Ladders are constantly being updated. A perfect example is the “Combination” ladder (shown below) which can be converted to either a step or extension ladder, or the “Multi-Position” which is easily adjusted for different heights (steps, etc.) or straightened to an extension ladder!

Types of ladders include:

- Step Ladders (also known as “A” Frame)
- Extension
- Step Stools
- Multi-Position
- Combination
- Safety Cages



STEPLADDERS



EXTENSION



MULTI-POSITION



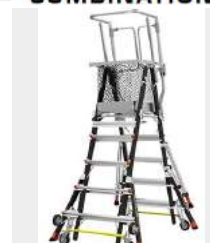
COMBINATION

Safe use of ladders:

- Properly inspect the ladder prior to use!
- Ensure a stable/firm and level footing
- Always maintain three points of contacts while climbing or descending
- DON'T overreach (side or top) - move the ladder as needed
- Always be cautious of where you are on the ladder - have you ever missed the last step and injured yourself?
- Check for and don't exceed the weight rating! Weight includes you and the gear/equipment you are carrying!
- If an injury occurs which requires LNI notification (hospitalization or fatality)- do not move the ladder until instructed to do so (unless needed for emergent reasons) by LNI.



STEP STOOLS



SAFETY CAGES

Ensure all staff who use ladders are properly trained! *SafeSchool has an excellent ladder training module available.*

Your NCESD “Safety Services” team is always here to assist - STAY SAFE!

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