

LADDER SAFETY

- **Do not use ladders in high winds**
- **Use the right ladder for the job and inspect it**
- **If you feel tired or dizzy, stay off the ladder**
- **Always keep three points-of-contact**
- **Stay centered, do'nt overreach**

“There’s an App for That”



App Tools to Prevent Ladder Falls

Angle Measuring Tool



The Measuring Tool uses visual, sound, and vibration cues to set an extension ladder at the proper angle

Get your free app from:



To learn more about falls in the workplace visit:
www.cdc.gov/niosh/topics/falls/mobileapp.html

Ladder Safety Tools



Decision offers tips to plan your job while considering time, materials, and tools required



Selection provides a procedure to select the proper size and type of ladder for the task



Inspection includes a checklist for ladder mechanical inspection



Set up provides instruction for ladder setup and installation



Proper Use presents rules for safe ladder use



Accessories describes a number of available extension ladder safety accessories

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Identify, Rectify or Report Hazards

U.S. Air Force Occupational Safety

