LADDERS

1. This code of safe practices is for use on all ladders, including step ladders, straight ladders, extension ladders, and fixed ladders.
2. Inspect all ladders before use to assure:
    a. Spreaders can be locked in place when open.
    b. Straight ladders have safety feet.
    c. Metal ladders, either straight or step, should have rubber or plastic feet as well as step coverings.
    d. You have checked for loose or bent rungs.
    e. You checked for cracked side rails.
    f. Missing parts have been replaced and loose hardware has been tightened.
    g. Ladders with structural damage (broken or missing rungs or steps, cracked or split side rails, etc.) are tagged "Do Not Use" and removed from service.
    h. The duty rating label is intact and legible, and the ladder is not loaded beyond its rating.
    i. And other required manufacturer warning labels are intact and legible.
3. Lock, block open or guard any door that opens toward the ladder.
4. Never use a metal or other conductive ladder where contact with energized electrical conductors or equipment is possible.
5. Never stand on or climb above the second rung from the top of a step ladder.
6. Never stand on or climb above the third rung from the top of a straight or extension ladder.
7. Do not over reach on any ladder.
8. Straight ladders should extend at least 3 feet above the top landing support point.
9. Straight ladders shall be secured (tied off) as close to the top landing support point as possible.
10. Always use a 4 to 1 ratio (1 foot away from the wall for every 4 feet of ladder height) when utilizing a straight ladder.
11. Straight ladders (excluding extension ladders) shall not exceed 30 feet between support points.
12. Extension ladders shall not exceed 44 feet or the manufacturer's maximum length, whichever is less.
13. Always face the ladder and maintain three points of contact when ascending, descending or working.
14. Only one person on a ladder at a time, unless the ladder is designed for more than one person.
15. Wear shoes with non-skid soles and ensure they are clean and dry.
16. If you must carry tools, use a tool belt or a bucket attached to a hand line to pull equipment up and to lower it down.
17. Do not place a ladder on boxes, barrels or other unstable bases to gain height, and do not use a ladder horizontally as a scaffold or platform unless it is designed for that use.