

Ladder Safety

Agricultural workers are likely to use ladders year round to perform routine maintenance, access materials, or seasonally to harvest from trees. It is easy to take this simple piece of equipment for granted, but workers have been seriously injured in falls from ladders. Before scaling the rungs, first consider which type of ladder is appropriate for the job.

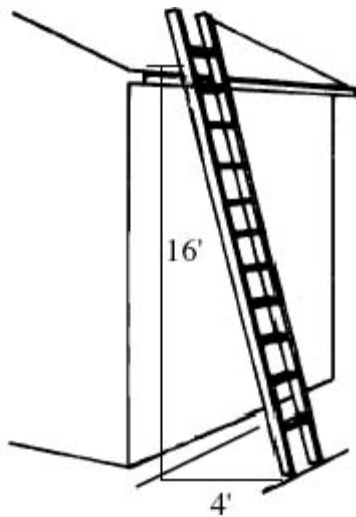
Ladder Weight Classes

Industrial- Heavy-duty with a load capacity of 250 lbs.

Commercial- Medium-duty with a load capacity of 225 lbs.

Household- Light-duty with a load capacity of 200 lbs.

After selecting the right ladder, follow the *four-to-one rule* for placement. This rule means that the base of the ladder should be one foot away from what the ladder leans against for every four feet in height to the point where the ladder rests.



Lastly, consider these ladder safety tips.

L-Don't **L**ean a ladder against a movable object.

A-**A**lways face the ladder and hold on with both hands.

D-**D**on't use ladders in strong winds.

D-**D**on't place ladders in front of **D**oors.

E-**E**lectricity and metal ladders don't mix. Never work with a metal ladder around power lines.

R-**R**ever stand on the top 3 **R**ungs of a ladder.

S-**S**tay centered between the rails of the ladder.

Resources

<http://www.nasdonline.org/document/1032/d000826/ladders-lifting-and-falls.html>

<http://www.nasdonline.org/document/145/d001706/proper-use-of-ladders.html>