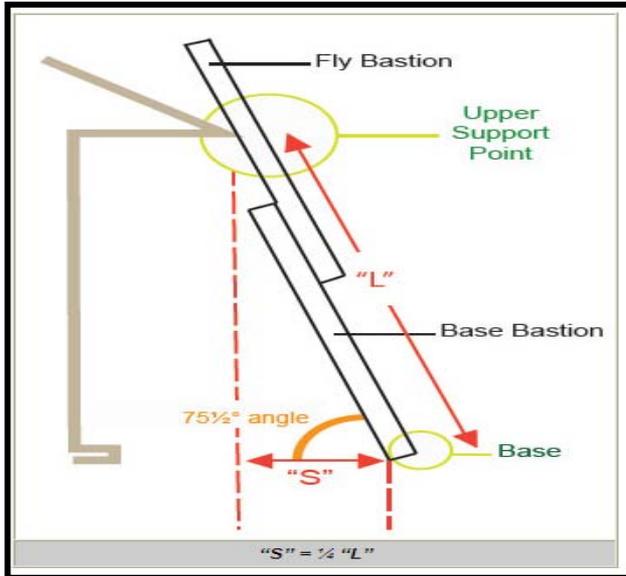
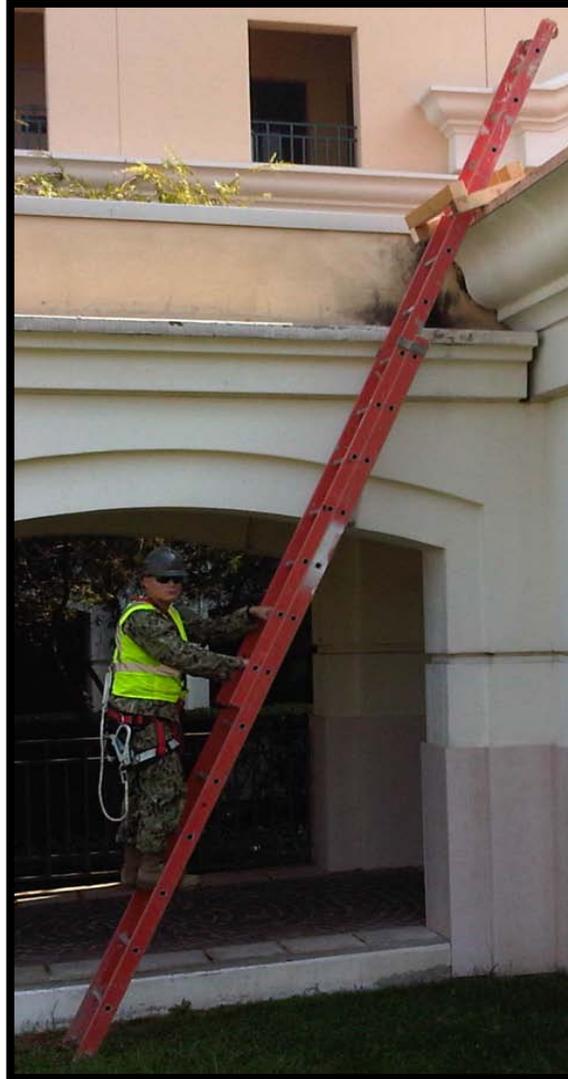


Ladder Safety



- Extend ladder 3' above the surface
- Tie off ladder at top
- 3-point contact at all times when climbing ladder
- Don't use if ladder has broken rungs
- For every 4' in height put ladder 1' back, ratio is 1/8 for job-made ladders
- Secure ladder at bottom and top
- Never carry tools or materials on ladder
- Before stepping off ladder, tie in or use grab line

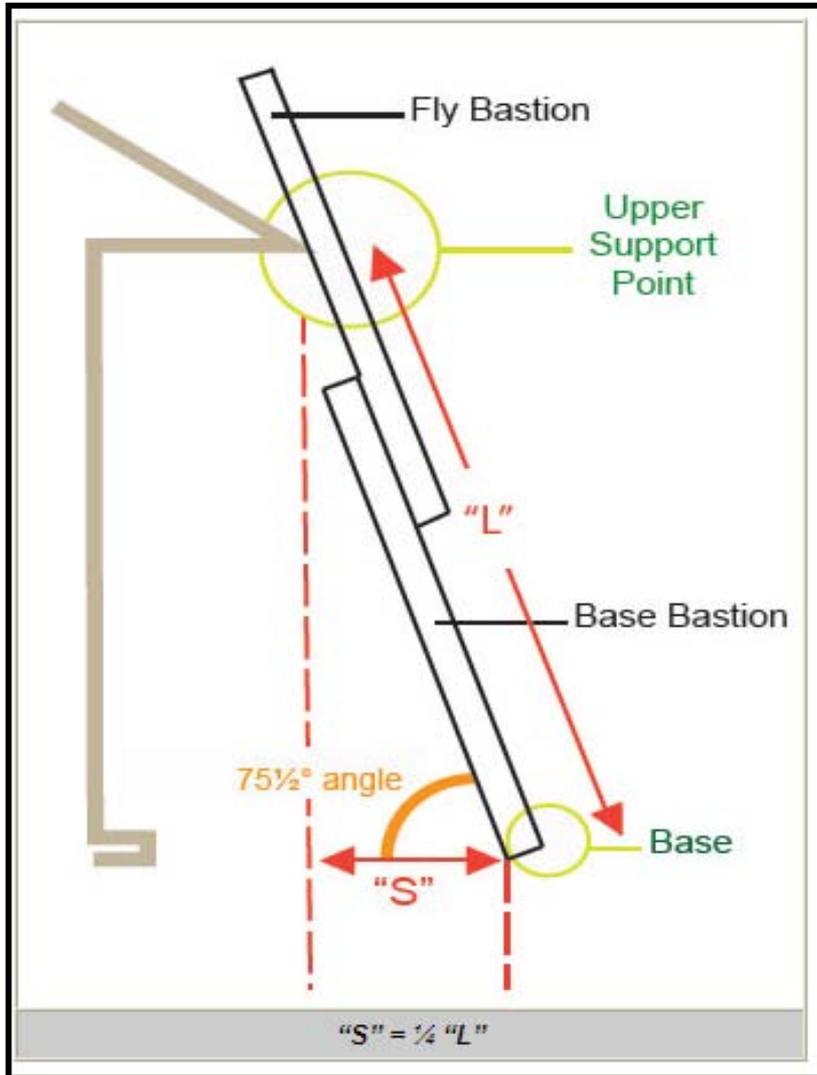


What can go wrong?

What can I do about it?

If I can't do anything about it, whom do I tell?

Ladder Safety



7 Steps to Ladder Safety

7 PASOS DE SEGURIDAD EN ESCALERAS

- 1** Extend ladder 3' above the surface
Extienda la escalera 3 pies por encima del punto que desea alcanzar
- 2** Tie off ladder at top
Asegure la escalera en la parte de arriba para que no se resbale
- 3** 3-point contact at all times when climbing ladder
Mantenga dos manos y un pie o una mano y dos pies en la escalera todo el tiempo
- 4** Don't use if ladder has broken rungs
No use la escalera si esta dañada o defectuosa
- 5** For every 4' in height, put ladder 1' back
Coloque la escalera en ángulo para que la base quede a 1 pie de distancia del lugar donde esté apoyada por cada 4 pies de altura
- 6** Secure ladder at bottom
Asegure la escalera en la base
- 7** Never carry tools or materials on ladder
Nunca cargue materiales o equipos mientras suba o descienda. Use un montacargas o una polea.

What can go wrong?

What can I do about it?

If I can't do anything about it, whom do I tell?

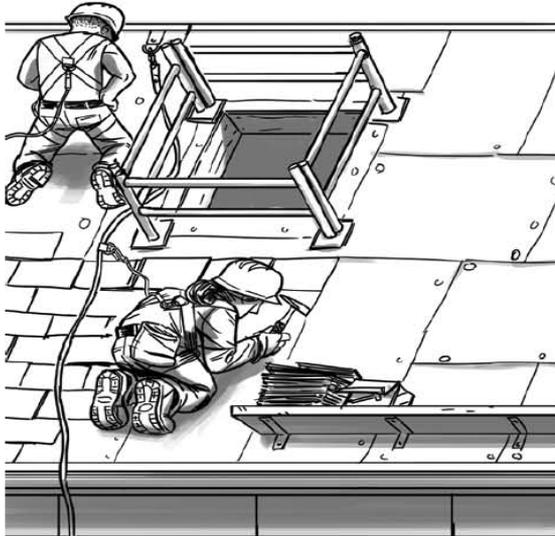
Ladder Safety

(Available in Spanish, Polish and Russian from OSHA)



FALLS FROM ROOFS CAN BE PREVENTED!

- ✓ Wear a harness and always stay connected
- ✓ Make sure your harness fits
- ✓ Use guardrails or lifelines
- ✓ Inspect all fall protection equipment before use
- ✓ Guard or cover all holes, openings, and skylights



DON'T
disconnect from
the lifeline



DON'T
work around unprotected
openings or skylights



DON'T
use defective equipment

PLAN ahead to get the job done safely.
PROVIDE the right roof equipment.
TRAIN everyone to use the equipment safely.



Occupational
Safety and Health
Administration

1-800-321-OSHA (6742) • TTY 1-877-889-5627
www.osha.gov

NIOSH 2012-142 / OSHA 3533-04 2012

FALL PREVENTION FACT SHEET

**I worked construction for 10 years
before my fall. It shattered my body
and my livelihood.**

Work safely. Use the right equipment.



Safety Pays. Falls Cost.
www.osha.gov/stopfalls/

PLAN ahead to get the job done safely. **PROVIDE** the right equipment. **TRAIN** everyone to use the equipment safely.

What can go wrong?

What can I do about it?

If I can't do anything about it, whom do I tell?