

# Use ladders safely



Ladders are everywhere and their condition is an important factor in the safety of your worksites. Follow all manufacturer recommendations and use these tips to help keep everyone safe:

## Always make sure:

Your ladder is in good working order

The ladder is placed close to where you will be reaching – when needed, always descend the ladder before moving it

The ladder angle is correct at 75° or four feet up for each one foot out

The wheels/casters lock and remain in place when using a platform ladder

The components, including platforms, support structure, frame and rungs, are damage free (no bends, dents, cracks or warping)

Fixed ladders without cages or wells have at least a 15-inch clearance width to the nearest permanent object on each side of the centerline of the ladder

If cage is present, the inside must be clear of projections

## Do not use a ladder if there are:

Loose or missing steps/rungs

Loose nails, screws, bolts or other metal parts

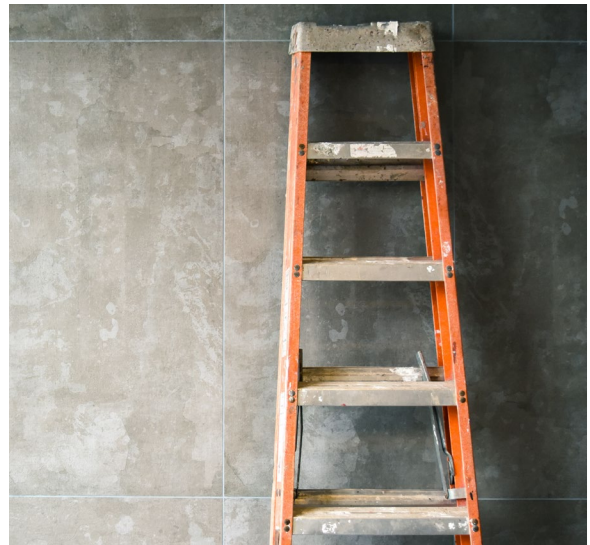
Cracked, split or broken uprights, braces or steps/rungs

Slivers or splinters on uprights or steps/rungs

Damaged, worn or missing nonslip bases

Slippery materials on steps/rungs, including oil or grease

Dents or bends in ladder rails or steps/rungs



## Do not use a stepladder if:

The ladder wobbles (side strain)

There are loose hinges

There are loose or bent hinge spreaders

There is a broken stop on hinge spreaders

## Do not use an extension ladder if:

The extension locking mechanism is loose, broken, is missing parts or is not seated properly

The halyard is deteriorated

## Do not use platform ladders that have:

Worn or missing tires

Wheels that bind

Broken, loose or missing wheel brackets

Oil, grease or other slippery materials on the platform

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