

# Working at Heights: Ladders

Between 2015 – 2017, 1 out of 4 fall-related deaths was from a ladder.

If you must use a ladder, always:

- Check the ladder before you use it! If you see damage, tag it “do not use” and ask for another ladder.
- Make sure the ladder will support you and your belt – check its duty rating.
- Set the ladder on a solid, stable, base.
- Keep three points of contact with the ladder to stay balanced.
- Face the ladder when moving up or down.



When using...

## An Extension Ladder:

- Set the ladder at the correct 4:1 angle.\*
- Tie off and secure the top and bottom of the ladder, or use another worker.
- Extend the ladder at least 3 feet past the level you'll be climbing to and the side rails at least 1 foot past the top rung.

## A Step Ladder:

- Never stand on the top step or very top of the ladder.
- Always position the ladder close to your work to avoid overreaching.



Watch CPWR'S video,  
Safe Ladder Practices in Roofing:  
<https://youtu.be/Et9aeMdosms>

**PLAN. PROVIDE. TRAIN.**

*Three simple steps to preventing falls.*

Join the Campaign to  
Stop Construction Falls!

[www.stopconstructionfalls.com](http://www.stopconstructionfalls.com)



PLAN. PROVIDE. TRAIN.



\*Use the free NIOSH ladder app to determine the correct angle: <https://www.cdc.gov/niosh/topics/falls/mobileapp.html>.

Source: The Construction Chart Book, Section 44, Chart 44c. <https://www.cpwr.com/chart-book-6th-edition-fatal-and-nonfatal-injuries-fatal-injuries-falls-lower-level-construction>.

#StandDown4Safety

July 2020