

Ladder Safety Checklist

■ Pre-Use Inspection

- Ladder rungs and rails are free of cracks, bends, or damage.
- Feet and stabilizers are intact and non-slip.
- Spreaders and locking mechanisms function properly.
- Ladder is clean and free of oil, grease, or wet substances.
- Ladder is the correct type and height for the task.

■ Safe Ladder Setup

- Ladder is placed on a level, stable surface.
- Top of ladder is secured when necessary.
- Extension ladders follow the 4-to-1 angle rule.
- Ladder is not placed in front of an unlocked door.
- Electrical hazards are checked before using metal ladders.

■ Safe Ladder Use

- Three points of contact are maintained at all times.
- User faces the ladder while ascending or descending.
- Tools and materials are not carried in hands while climbing.
- User does not overreach or lean to the sides.
- Only one person uses the ladder at a time unless rated otherwise.

■ Post-Use Procedures

- Ladder is stored properly in a dry, safe location.
- Damaged ladders are tagged and removed from service.
- Any issues are reported immediately.



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