

# KENTUCKY LABOR CABINET FALL PREVENTION CAMPAIGN



## DON'T FALL FOR IT! Take the Right Angle with Ladder Safety

### Ladder Safety Tips

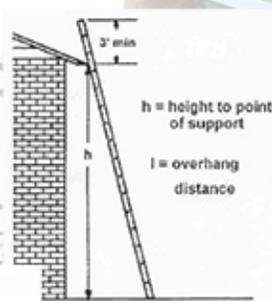
#### Avoid Electrical Hazards!

Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.



#### Understand Proper Ladder Set-up!

Single ladders should be erected as close to a pitch of 75 1/2 degrees from the horizontal as possible for optimum resistance against the bottom of the ladder sliding out, strength of the ladder, and balance of the climber.



A simple rule for setting-up the ladder at the proper angle is to place the base a distance from the wall or upper support equal to one-quarter of the length of the ladder side rails.



#### Always Maintain 3 Points of Contact!

Keep two hands and a foot, or two feet and a hand on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing.

For More Information  
on Ladder Safety, Visit:

[OSHA.gov](http://OSHA.gov)

[CPWR.com](http://CPWR.com)

[elcosh.org](http://elcosh.org)

[StopConstructionFalls.com](http://StopConstructionFalls.com)

Try the  
**LADDER APP**  
for iPad/iPhone and Android devices  
at [cdc.gov/niosh/topics/falls](http://cdc.gov/niosh/topics/falls)



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#StopFalls  
#StandDown4Safety

