

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.

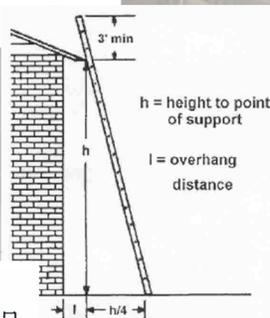
Understand Proper Ladder Set-up!

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

CPWR.com

elcosh.org

StopConstructionFalls.com

Try the
LADDER APP
at cdc.gov/niosh/topics/falls



#KYStandDown
#StopFalls
#StandDown4Safety

