



Tractor Talks

Ladder Safety

Using a ladder seems pretty basic, however ladders are involved in **thousands** of worker injuries and fatalities each year and farmworkers are too frequently among the victims. To use a ladder safely, remember these tips:

- **Read and follow all labels and markings on the ladder, including weight limits.**
- **Inspect the ladder.** *Broken or missing rungs, loose screws, bolts or hinges and damaged side rails are all reasons NOT to use the ladder. Damaged ladders must be removed from service and tagged until repaired or discarded.*
- **Inspect the ground.** *A ladder must be positioned on a stable and level surface, unless it has been secured to prevent movement*
- **Position the ladder.** *Remember the 4:1 ratio: for every 4 feet of working height, position the ladder's base 1 foot away from the wall or working surface.*
- **Position yourself.** *Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the rung and always face the ladder while climbing.*

Keep an Eye Out for These Hazards:

- Are there overhead power lines?
- Is the ladder damaged?
- Is the ground uneven, unstable, muddy, or slippery?
- Are other activities going on nearby?
- Is this the right ladder for this job?

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