

2013 FALL PREVENTION CAMPAIGN



PLAN PROVIDE TRAIN

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.

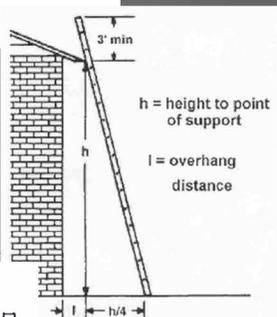
Understand Proper Ladder Set-up!

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 a 3-point Contact!

Attach 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:

www.OSHA.gov

www.LadderSafety.org

www.ELCOSH.org

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Featuring the Introduction to Fall Protection online training module!

