

# Ladder Safety

Ladders are an essential tool to complete tasks that require workers to work on an elevated level. The major causes of ladder accidents are due to the movement of the ladder while in use, overreaching by workers, slipping from rungs, defective ladders, ladders not sufficiently secured or fixed and contact with electricity.

When using ladders the following precautions are required:



Before using a ladder, inspect it for defects such as, broken rungs or rails. Ladders shall have non-conductive siderails if they are used where the employee or the ladder could contact exposed energized electrical equipment.



Ladder should be positioned closely to avoid overreach.



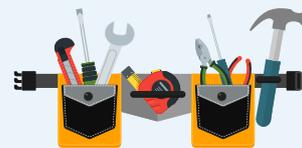
Ladder angle should be at the safest position to work from - Erected at correct angle (4 up to 1 out).



Maintain three points of contact at the working position. Always grip the ladder and face the ladder rungs while climbing or descending.



Only one person should be on the ladder at any one time. Having a second person to hold the ladder.



Always carry tools in tool belt or pouch and do not leave tools on ladder.



Do not stand on, or above the top two rungs or steps of the stepladder.



Always ensure that after use, the ladder is stored securely to prevent accidental damage or unauthorized misuse.

Thank you for Keeping KAUST Safe