

### General Ladder Safety Precautions

Never use a ladder that's been damaged or defected.

Always inspect a ladder prior to use.

Keep the top of the ladder above your waist line as a guide.

Never step on the top two steps of a stepladder or the top three steps of a straight ladder (see figure 1).

Do not fully extend extension ladders, they need 10% overlap between sections for stability.

Make sure at least 3' of the top of the ladder is above the elevated work area (see figure 2).

Straight ladders should be angled out 1' for each 4' they go up a wall (4' out for a 16' in height) (see figure 3).

Maintain 3 points of contact when ascending/descending.

Do not carry anything in hands when ascending/descending ladders.

Figure 1

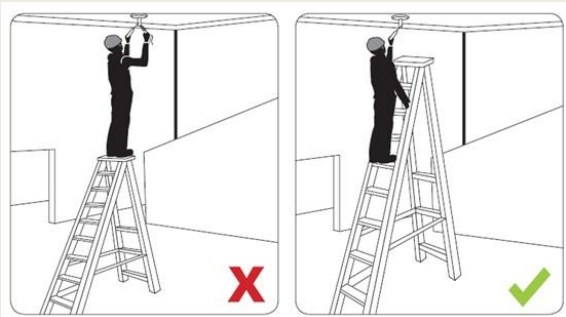


Figure 2

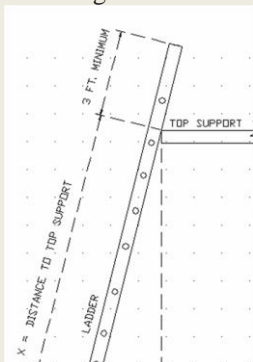
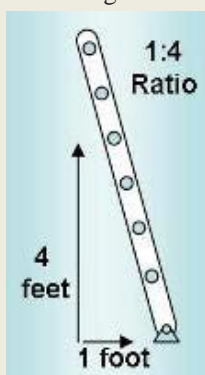


Figure 3



### *Falls are one of the leading causes of death in industry today!*

**Fall Protection is** the use of guardrail systems, covers, positioning devices, harnesses, arrest systems and safety nets to reduce the risk of injury or death from falls in industry.

- WVU requires fall protection at or above four (4) feet.
- WVU requires fall protection when working within 15 feet of the edge of a roof.
- Prevention such as guardrails, covers, & positioning systems are to help keep you from falling.
- Protection such as arrest systems and safety nets are to help you stop falling safely.

### Precautions

- If you can, eliminate the need to work from heights.
- Substitute a lift or safer means instead of using a portable ladder.
- If it is a long term project, use scaffolding with guardrail systems.
- Use fall protection, such as a body harness, whenever you can.
- Make sure your harness fits snug.
- WVU requires employees using body harnesses to receive training.
- Do not use aluminum ladders around electrical circuits or equipment.
- Inspect all the equipment you use, including all ladders.
- Always evaluate the best possible technique to follow when dealing with elevated work areas.
- Never leave loose materials or equipment in work areas where it can fall to lower levels.
- Always stop someone who may be performing an unsafe act or condition.
- Guard and cover all floor or wall holes/openings.
- Scaffolds:
  - Use fully planked scaffolds.
  - Ensure proper access.
  - Plumb and level.
  - Complete all guardrails.
  - Stable footing.
  - Inspect before use.
- Contact WVU Environmental Health & Safety for any questions or concerns. 304-293-3792