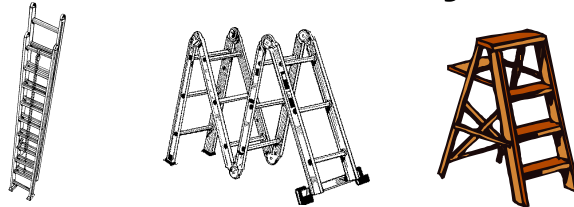




Safety Tips

A five-minute training series for PCOs.

Ladder Safety



Ladders are an integral part of our everyday work. Quite often we cannot inspect or treat homes or businesses without them. However, many employee injuries occur due to ladders and a lack of understanding of ladder safety.

First, use the proper ladder for the proper job. Never stand on the top two steps of a ladder.

If the ladder is not tall enough, do not use it.

Second, make sure the ladder is in good condition. Does the ladder have proper feet for the application? Do the feet of the ladder have adequate rubber on the bottom to prevent slipping on hard or firm surfaces? Do the feet have adequate teeth to bite into the ground when using the ladder on grassy or dirt surfaces? Are the ladder feet in good condition or do they need to be replaced?

Do not use a ladder that is broken, missing parts or is not sturdy.

Third, when using high ladders, consider using stabilizer bars to prevent personal injury or damage to the building. Stabilizer bars can prevent damage to the surface of the building and personal injury from sliding or tipping. Below is an example of a stabilizer bar.

