



A five-minute training Series for Pest Management Professionals

Basic Ladder Safety



Take Your Safety Into Your Own Hands.

Do You Know What to Check For?



Reminders about your ladder

- ☐ Determine what type of ladder is appropriate for your current work environment
- ☐ Confirm that the ladder is the appropriate length for the task
- ☐ Check that your ladder has the proper Duty Rating
- ☐ Thoroughly inspect the ladder to ensure it is in good working condition
- ☐ Clean the climbing and gripping surfaces
- ☐ Read the safety information label(s) on the ladder



Reminders about your surroundings

- ☐ Confirm that the ground where the ladder is set-up is firm and level
- ☐ Confirm that any surrounding doors are blocked open, locked or properly guarded
- ☐ Ensure that the weather is sufficiently safe for using a ladder



Reminders for YOU

- ☐ Clean the soles of your shoes to maximize traction and avoid slipping
- ☐ Ensure that you are not tired, dizzy or prone to losing your balance before using the ladder
- ☐ Use towlines, a tool belt or an assistant to convey materials so that your hands are free when climbing
- ☐ Maintain three points of contact with the ladder while climbing

Visit www.laddersafetytraining.org to learn more and earn your ladder safety certificate.