



Climb Smart: Ladder Safety Matters

Ladders are simple tools—but they demand serious attention. Every year, workers are injured because of slips, overreaching, or using a ladder that isn't set up correctly. The good news is that most ladder accidents are completely preventable with a few basic safety habits.

Start by **checking the ladder before you climb**. Look for cracks, bent rungs, loose hardware, or worn feet that could cause the ladder to slip. Make sure you're using the **right ladder for the job** and that it's rated to support both you and your tools.

Next, focus on **proper setup**. Always place the ladder on firm, level ground and follow the **4-to-1 rule**—for every four feet of height, the base should sit one foot away from the structure. If possible, secure the ladder to prevent movement, and keep it clear of doors, walkways, or other high-traffic areas.

When climbing, remember the basics: **face the ladder and maintain three points of contact**. Keep your body centered between the side rails and avoid overreaching. If you can't reach the work comfortably, take the time to climb down and reposition the ladder.

Finally, pay attention to your surroundings. Wet surfaces, strong winds, uneven ground, or nearby power lines can quickly turn a routine task into a dangerous situation. Wearing the right PPE—like non-slip footwear and gloves—adds another layer of protection.

A ladder may only be a few rungs high, but the consequences of a fall can be serious. **Take a moment to set it up right, climb carefully, and work safely—every time.**

