

Help Prevent Injuries

Is Equipment Setup Correctly?

Proper Extension Ladder Setup

For every four feet of ladder length measured from where the ladder contacts the support point, the base of the ladder should be one foot away from the supporting structure (one to four rule).

The ladder must extend at least three feet above the surface to provide safe access or be rigidly secured at the top with a grasping device if less than three feet.

The ladder in the photo contacts the supporting structure at 9 feet. This means that the base of the ladder should be 27 inches back from the support.



THE RIGHT WAY ✓

- Step in good condition ✓
- Right height for the job - no overreaching ✓
- Good grip ✓
- 3 points of contact ✓
- Front towards work ✓
- Correct Flat shoes ✓
- Clean treads ✓
- Four feet in good condition ✓
- Firm and level base ✓

