

## Step Ladder Safety

VS.

### Highest Standing Level

Maximum safe working height for a step ladder is the **second step from the top**.

### Size

The overall ladder height.



**Load Capacity/Duty Rating:** Maximum load weight a ladder can withstand at one time. Weight includes: user, tools, material, clothing, shoes.

### **Ladder Safety Training:**

Required prior to ladder use. [SAF307 Ladder Safety](#)



## Proper Use:

- Place ladder so all feet are secure.
- Face the ladder when moving up or down.
- Always have three points of contact on the ladder.

## Additional Information:

- [ES&H Manual Chapter 6132 Ladder and Scaffold Safety](http://www.jlab.org/ehs/ehsmanual/6000.html)  
(<http://www.jlab.org/ehs/ehsmanual/6000.html>)
- [Ladder Safety Video](http://www.jlab.org/ehs/toolbox_files/Ladder4.wmv)  
([http://www.jlab.org/ehs/toolbox\\_files/Ladder4.wmv](http://www.jlab.org/ehs/toolbox_files/Ladder4.wmv))

## Inspection Procedure, For your Wallet

(Cut on Dotted Line)

### Step Ladder Inspection:

- Label is in place and legible.
- Spreaders/hinges are straight and in good working order. (Folding support brackets are securely mounted to the ladder's side rails.)
- Rungs are secure with no play, or damage.
- Anti-skid shoes/feet and surfaces are intact and undamaged.
- No cracks or structural deficiencies present.

