



Your colleagues are stepping up and leading by example.

### LET'S BE AWARE

This week's Safe to Say is brought to you by **Barbara Wimmer** focused on **Ladder Safety** which is extremely important. She is leading by example and we should do the same. Did you know that falls are the leading cause of fatalities in the construction industry? Are you aware that the misuse of portable ladders is a majority contributor to these fatalities? Whether working on home projects or on the construction site there are steps you can take to prevent falls from ladders.

### LET'S PREPARE

**FIRST**, when setting up a ladder make sure both feet of the ladder are set on a level, stable surface that is not slippery. When that is not possible, the ladder must be secured or stabilized to prevent it from slipping. You might need someone hold it. Do not ever use a ladder that has damage to the legs, rails, or rungs.

**SECOND**, set the extension ladder up at an angle so that the bottom is placed one-fourth of the working length of the ladder from the wall or other vertical surface.

**THIRD**, make sure the side rails of any extension ladder used to gain access to an upper landing surface, such as a roof or trench excavation wall, are extended at least three feet above the landing surface.

**FOURTH**, keep your ladder, your body, and tools at least 10 feet away from energized electrical wires (or even further for higher voltages). Do not use a portable extension ladder made of metal or any other conductive materials when working in an area where you, your tools, or the ladder could contact sources of electrical current.

**FIFTH**, make sure you always have three points of contact. Two hands and one foot or two feet and one hand always touching the ladder at all times. Hold the side rail when you are climbing up or down a ladder and grip the railing, do not just slide your hand up or down the rail. Never climb up or down a portable extension ladder while carrying anything that would keep you from gripping the ladder with at least one hand or could cause you to lose your balance.

**SIXTH**, maintain your balance on a portable extension ladder by keeping your body centered between the two side rails. Reset the ladder when necessary instead of over-reaching or leaning away from the ladder.

**SEVENTH**, as elementary as it sounds, NEVER attempt to move or reset a ladder while you or someone else is standing on it.

**FINALLY**, never use a ladder beyond its design capacity. Observe load and angle restrictions. Do not use step ladders as extension ladders. Do not use rungs or steps that are not design for body weight.

**Barbara, thanks again for leading by example!**

If you have any questions, comments, suggestions, or thoughts, just call or email me. **John H Morse**, Vice President, Company Safety Director, **703-269-8166**, [jmorse@atcsplc.com](mailto:jmorse@atcsplc.com) or [safety@atcsplc.com](mailto:safety@atcsplc.com).



**Safety Modeling – Ladder Safety**

ATCS

atcsplc.com f in t i

CLIENT ■ EMPLOYEE ■ COMPANY ■ COMMUNITY