

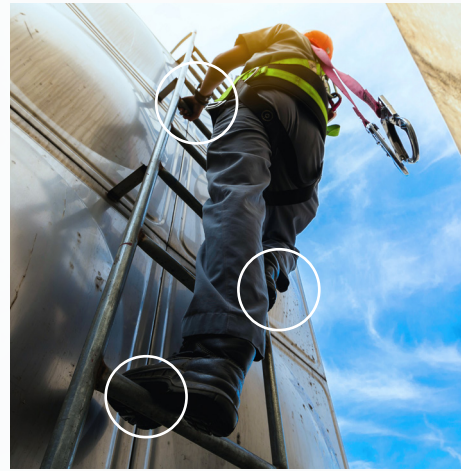


MARCH
2023

Safety While Climbing (up and down)

Factors that contribute to falls from ladders include:

- Haste or sudden movement
- Overreaching
- Lack of attention
- Improper climbing posture, such as standing too high or straddling the ladder
- Carrying objects and not maintaining three points of contact



Practice safe climbing by:

- Being attentive to what you are doing and your surroundings.
- Using towlines, a tool belt or an assistant to convey materials so that your hands are free when climbing.
- Climbing slowly and deliberately while avoiding sudden movements.
- Never attempting to move a ladder while standing on it.
- Keeping the center of your stomach between the ladder side rails when climbing (and while working). Do not overreach or lean while working so that you don't fall off the ladder sideways or pull the ladder over sideways while standing on it.

The Three Points of Contact Rule

The Three Points of Contact Rule minimizes the chance of slipping and falling from the ladder. The climber should face the ladder and have two hands and one foot, or two feet and one hand in contact with the ladder at all times.



Find everything you need at laddersafetymonth.com

