



Ladder Care, Storage and Carrying Tips

- Keep all ladders and safety accessories in good condition: Side rail joints should be tight and rungs level and secure. Extension locks, wheels or pulleys and bearings should be properly attached, and fully functional. Check for excessive wear, damage or dents and that identification labels are affixed. Don't forget to check your safety shoes.
- Inspect the top support and safety feet making sure they are even, stable and secure.
- Wood Ladders for outside use should be treated to prevent weather damage.
- Keep ladders clean and free from grease, oil, wet paint or other slippery hazards. Do not store materials on ladder.
- Ropes on extension ladders should be in good condition and free from frays.
- Store out of sunlight on a rack, or where supported.
- Inspect ladders frequently.
- Carry ladder horizontally finding the center of the ladder for balance.

The information contained in this pamphlet provides general ladder safety tips and is not a substitute for comprehensive ladder safety guidelines or professional training and certifications. See your physician with questions about your health as it relates to the use of ladders or the painting industry.

For more information call us at : 916-972-1055

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Ladder Safety for Painting and Decorating Contractors



Ladder Safety ●

Ladder Selection and Inspection Tips

Make sure to use a ladder that is properly duty rated for the weight of the painter or decorator (including materials carried and for the paint, wallpaper, tools, or material being used).

Type IAA - Duty rating of 375 pounds, extra heavy duty

Type IA - Duty rating of 300 pounds, extra heavy duty industrial

Type I - Duty rating of 250 pounds, heavy duty

Type II - Duty rating of 225 pounds, medium duty

Type III - Duty rating of 200 pounds, light duty

For construction jobsites only Type IA and Type I are acceptable. The American National Standards Institute requires that a duty rating sticker be placed on the side of every ladder.

Types of Ladders: Step ladders, single ladder, extension ladder, platform ladder, articulated ladder, combination ladder, trestle ladder, extension trestle ladder, step stool, job-made ladder, fixed ladder, ceiling mounted ladders (attic ladders).

Length of Ladder	Required Overlap
Up to 36 feet	3 feet
Over 26 to 48 feet	4 feet
Over 48 to 60 feet	5 feet

Proper Use of Ladders- Safety Tips

- The proper ladder slope or angle (4:1): Place the base a distance from the vertical wall equal to one-fourth ($\frac{1}{4}$) the working length of the ladder from the wall.
- Always utilize three points of contact because it minimizes the chances of slipping and falling from the ladder. (Two hands and a foot, or two feet and a hand)
- The painter must face ladder in the middle of the step or rung and maintain a secure grip when climbing up or down a ladder.
- Avoid using metal ladders around electrical hazards, exposed wires or electrical equipment.
- Make sure the ladder is on a stable surface before climbing and never place it on top of anything.
- Rest the top of the ladder against a solid surface, utilizing a ladder stay when necessary.
- Secure the ladder in a multifunctional construction zone.
- Secure the base of the ladder to prevent movement.
- Do not overreach from a ladder or lean too far to one side.
- Do not try to move the ladder while still on it. (i.e., by jumping or rocking the ladder back and forth).
- Do not carry heavy or bulky loads such as paint up or down a ladder. Use a rope pull to hoist them up.
- Do not leave tools, or materials on top of ladders.
- Do not carry putty knives in back pockets while painting from a ladder.
- Follow proper extension ladder overlap guidelines.
- Make sure extension ladder locks are engaged before climbing.
- Do not exceed maximum load rating including tools and equipment.
- Never push or pull any objects while on the ladder.
- Never stand on the top two rungs of the ladder.
- Never set up a ladder in front of a door unless the door is locked.
- Keep the area around the ladder clear and free from debris.
- Ladders should never be tied together, they should be separated by a platform or landing.
- Use appropriate ladder safety accessories only, such as ladder levelers or stabilizers, pot hooks, ladder mitts and safety shoes.
- Do not use a step ladder as a single ladder in a partially closed position.
- Never use a ladder for any purpose other than what it is designed to do.

Safety Pays!