

Montana Ag Safety Program



Ladders and Working at Heights

Working at heights over 4 feet from the ground is considered hazardous. Falls from elevated work can result in severe injury or death.

- Choose the correct ladder – long enough, but not too long. Remember there is a difference between the length of the ladder and the useable length of the ladder.
 - Never stand on the top or top step of a step ladder OR the top 3 rungs of a straight or extension ladder.
- Use proper technique for setting up an extension ladder.
- Ensure all locks are in place before climbing the ladder.
- Do not use metal ladders for electrical work.
- Never use makeshift or patched ladders.
- Ensure the ladder is in good repair. Ladders with cracks, splits, or breaks should be replaced immediately.
- Make sure the ladder is rigid and will stand firmly. Safety feet may provide additional protection. Be sure the ladder is placed on a firm level surface.
- Maintain adequate incline.
- Do not lean or over-reach. Keep both feet firmly on the ladder.
- Use rope or other approved raising/lowering system to move tools, equipment, and supplies.
- Face the ladder when moving up or down. Maintain three points of contact at all times!
- NEVER perform unguarded and unprotected elevated work! Use all safety features including guard rails and fall protection/arrest systems.

These safety rules have been written and provided to you for your safety. Your signature below indicates you have read and understand these rules, and further, that you accept the responsibility of always using good judgment to make workplace safety your number one priority.

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