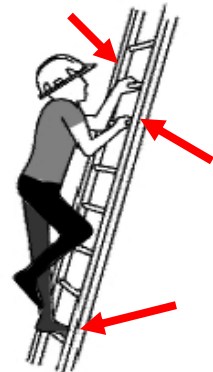


## Interior Plantscaping Ladder Safety

- Inspect the ladder before each use, including rungs, side rails, hardware, and feet. Damaged ladders should be tagged “DANGER — DO NOT USE” until repaired or discarded.
- Always wear proper footwear that is in good condition and is not slick or wet, and ensure you have proper footing on the rung at all times.
- Do not set up ladders in doorways or on walkways, unless protected by barriers, or on any moveable object. Position ladders so they are free from obstacles which could affect the ladder position/security (i.e., lamps, ceiling fixtures, signage, etc.). The base should be fixed and permanent. Do not use ladders as a barricade.
- Position portable ladders on stable and level surfaces so the side rails extend at least 3 feet above the landing. Remember the 1 to 4 rule — the base of the ladder should be 1 foot from the wall or supported for every 4 feet of vertical extension.
- Secure side rails at the top to a rigid support, and use a grab device when a 3-foot extension is not possible.
- Do not apply more weight on the ladder than it is designed to support, and always limit use to one person at a time. Always face the ladder and maintain three-point contact (two hands and a foot or two feet and a hand — see diagram to the right) when climbing. Carry tools on a tool belt and use a spotter if available.
- Never lean to the side or straddle the space between the ladder and another object. If something is out of reach, get down and move the ladder.
- When the task is complete, store the ladder in a safe location, tagging any defects.
- Use only ladders that comply with OSHA standards. Read and follow all instructions on the ladder.



*Through the OSHA and Professional Landcare Network (PLANET) Alliance, PLANET developed this Card for informational purposes only. It does not necessarily reflect the official views of OSHA or the U.S. Department of Labor. This Card is available in English and Spanish.*