



May Safety

Ladder Safety

❖ Physical Ladder Safety Measures

- Maintain three points of contact
- Place ladders on a stable, level surface
- Use the 4-to-1 rule for extension ladders (base 1 foot away for every 4 feet of height)
- Face the ladder when climbing up or down
- Keep your belt buckle between the side rails
- Do not exceed the maximum load rating (person and tools)
- Avoid standing on the top 2 rungs



❖ Mental Health & Cognitive Safety

- Do not use a ladder if you feel dizzy, faint, light-headed, or under the influence
- Fatigue can impair judgment and coordination, increasing fall risk
- High stress can reduce concentration
- Addressing mental health can improve overall awareness & safety

❖ Psychological Safety

- Develop a culture where employees feel safe to speak about risks

