



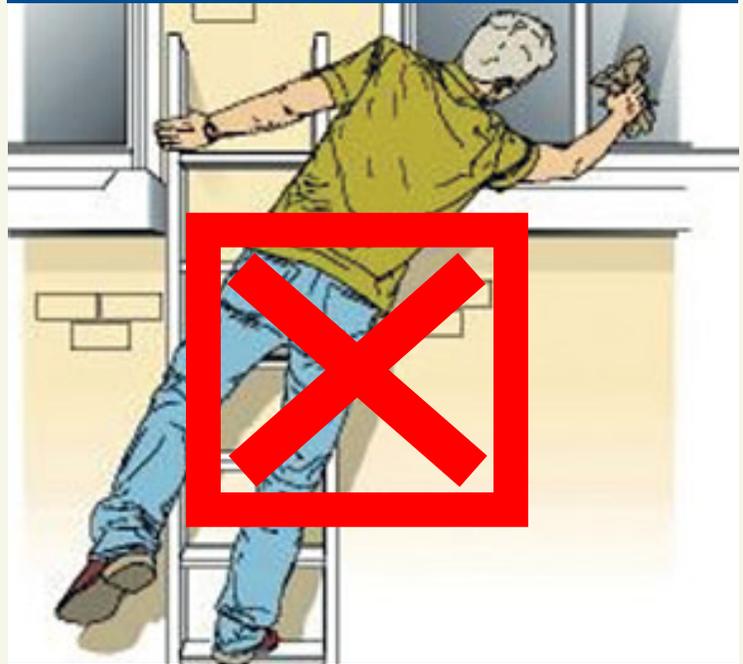
WHAT TO DO

- Always maintain three points of contact. That means two hands and one foot or two feet and one hand on the ladder at all times.
- Moving quickly often results in only 2-point contact. You often have to make a conscious effort to maintain 3-point contact.
- Put both hands firmly on the rungs before stepping onto a ladder.
- Always face the ladder when you're climbing up and down.
- Keep your center of gravity between the side rails. Don't lean out on either side.
- Keep both feet on the ladder when standing on it. Never straddle the space between a ladder and another object
- Don't carry tools, equipment, or material in your hands while climbing. Use a tool belt for small tools and/or a hoist line for lifting and lowering items.



WHAT YOU NEED TO KNOW

Ladders are one of the leading sources of workplace injury. The Centers for Disease Control (CDC) report eight-in-10 construction injuries treated in emergency rooms nationwide involve ladders. Most ladder injuries are the result of falls. Either a worker loses balance and falls off a ladder, or it's unstable and tips over with a worker on it. Using 3-points of contact can help make sure you don't lose your balance or cause the ladder to become unstable.



OUR STRATEGY

At UCR, it is common to have ladders used and stored in areas all over campus. No matter what type of ladder or where you use it, always maintain three points of contact. That means two hands and one foot or two feet and one hand on the ladder at all times. Break 3-point contact only when you reach the ground or a stable platform. Keep both feet on the ladder when standing in place on it and do not lean out. Always keep your belt buckle between the rails of the ladder.