

# Safety News

**WORK SAFE INFO  
FROM THE  
SNOHOMISH COUNTY  
SAFETY OFFICE**

**November, 2009**

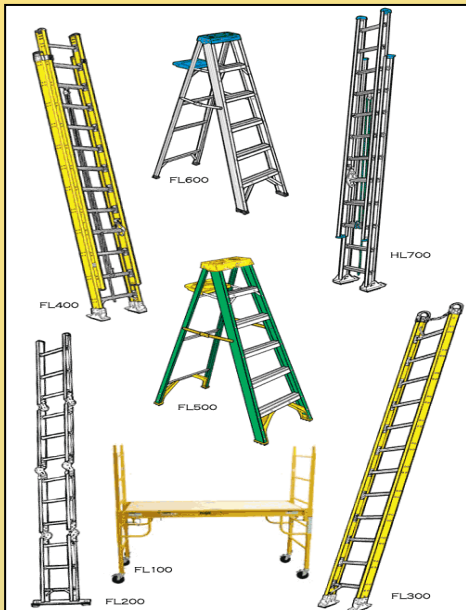


**Don't let this happen to you!**

## LADDER SAFETY

There is no reason for anybody to get hurt, disabled or even killed while using a ladder. Yet, according to statistics, it happens every single day. By following the simple ladder safety rules below, you can help to ensure that you, your co-workers, friends and family members are never hurt while using a ladder.

1. **CHOOSE THE RIGHT LADDER:** Always select a ladder that is the correct length to safely reach the working height and has the correct weight rating to handle the weight of the user, their tools and materials.
2. **CHECK THE CONDITION OF THE LADDER:** Read all the labels and inspect the ladder for cracked side rails, broken rungs or other weaknesses.
3. **PLACE THE LADDER WITH YOUR SAFETY IN MIND:** Setup the ladder properly with a firm footing on a flat, level surface.
4. **CLIMB THE LADDER CAREFULLY:** Wear proper shoes that are free of grease and mud; always face the ladder and use three points of contact when climbing or descending.
5. **NEVER OVERREACH! MOVE THE LADDER INSTEAD:** Breaking this one simple rule causes more accidents than most others.
6. **TAKE CARE OF YOUR LADDERS:** When finished, properly store ladders in a safe and dry place, out of the sun and elements.
7. **NEVER USE A DAMAGED LADDER:** It is not worth the risk, even for a quick task.



**Different tasks require different ladders to assist and protect you.**

### SAFETY OFFICE CONTACTS

**JOHN NAVROTH**  
(COUNTY SAFETY OFFICER)  
425.388.3549

**MATT ERICKSON**  
(SAFETY SPECIALIST)  
425.388.3892

**ROGER MANEVAL**  
(SAFETY SPECIALIST - SOLID WASTE DIV.)  
425.388.7001

Email: [SafetyOffice@co.snohomish.wa.us](mailto:SafetyOffice@co.snohomish.wa.us)



Needs a  
**taller**  
ladder.



Needs a  
**LADDER!**

