



Don't Become A Statistic

Serious injuries have occurred to Church Custodians using stepladders.

Please follow these guidelines so that YOU don't injure yourself.

- Think about whether there is a safer way to do the work than standing on a ladder.
- Select the correct ladder. Is the ladder tall enough? Do you need a stepladder or an extension ladder? Select the proper tool!
- Inspect the ladder before you use it - every time!
 - Are all rubber feet in place?
 - Does the spreader bar lock?
 - Are rungs and rails in good condition, without bends or cracks?
- Place the step ladder so that all feet have secure footing.
- NEVER use a stepladder without opening and securing the "spreader bar". These ladders are NOT designed to be leaned against a wall or building.
- Never stand on the top rung or very top of a ladder.
- Always face the ladder when moving up or down.
- Keep three points of contact with the ladder for proper balance, such as that shown in the diagram at right.



Take the right steps to protect yourself from injury!

Check out a free video on "Ladder Safety" [here](#). Login and password:

User ID: UMWCTF Password: Safety1

View Conference Safety resources and register your local church's Safety Lead at <https://susumc.org/workplace-safety/>.