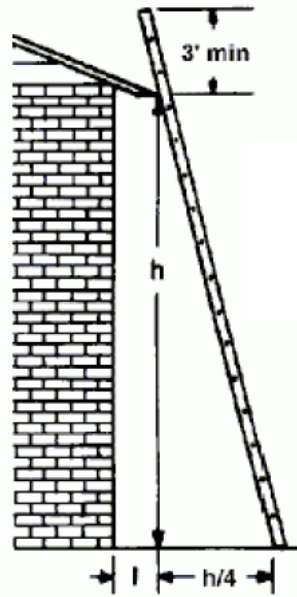


Holiday Ladder Reminders



There is no substitute for a ladder

When putting up holiday decorations, always use the proper step stool or ladder to reach high places. **Chairs, tables and other furniture are not designed for use as an elevated work surface!** In 2011, falls from chairs, tables and other furniture resulted in 69 days of lost work, over \$47,000 in cost, and much pain and lost function for UW System employees.



4:1

A straight or extension ladder should be placed **one foot** away from the surface it rests against for every **four feet** of ladder height.

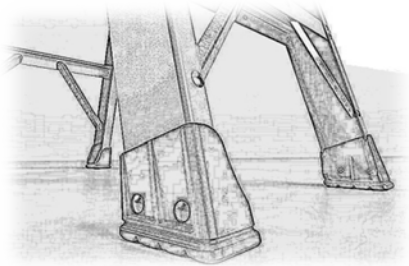
3 points of contact

When you climb, always face the ladder and keep three points of contact on the ladder whether two hands and one foot, or two feet and one hand.



Don't slip!

Use ladders with slip-resistant feet and wear clean, dry and slip-resistant shoes when climbing a ladder.



Doorways

If you have to use a step ladder near a doorway, lock or barricade the door and post signs so no one will open it and knock you off the ladder.



Overreach

When climbing, keep your hips between the side rails and do not lean too far or overreach. Reposition the ladder closer to the work instead.



Holiday safety reminders from the UW System Office of Safety and Loss Prevention.