

# Safe Ladder Skills **AgSafe**

1. Placing the ladder securely will help ensure a safe picking season.



2. When working on a slope, keep the pole at an angle of 90 degrees to the incline and pointing directly uphill.



3. The legs of the ladder must be spread correctly to prevent falls. If the spread is too narrow, it can be easily tipped; if it is too wide, the legs can kick out from under you. A good rule of thumb : stand with your feet at the ladder base; if you can brush the ladder with your knuckles upon extending your arm, the angle is satisfactory.



4. Use the proper ladder length for the job. Working from the top rung is hazardous. Move the ladder rather than overreaching; any ladder can be tipped if your weight is too far from its centre of gravity. A picking bag of apples, for example, can weigh 40 lbs, adding to the overall weight supported by the ladder.



5. Never use ladders with broken rungs or legs; report such to the employer for repair. With wood ladders, threaded tighteners under each rung must be kept snug; never over-tighten these to the point of crushing the wood. If your ladder is loose, get two wrenches (usually 7/16") and adjust the tightners.



6. Wooden ladder footing can be made more secure if a spike is placed in the bottom of each leg. To do this, bolt 4" to 6" pieces of lightweight angle or flat iron to the inside corners of the legs leaving 1" to 1 1/4" protruding.

7. Working barefoot or in loose sandals on a ladder is fatiguing; wear shoes with good traction, and sturdy soles.

