

# What is the **3-Pointed** ladder rules?



## Explain Danger

Climbing a ladder is not as easy as it sounds. Most ladder injuries occur when getting on or off a ladder. This is why the proper placement of ladder will require 3 pointed of contact with the ground and surface support at all times.

The rule for 3-pointed ladder was designed to prevent people from tripping over which can be a serious safety hazard. To use a ladder, it is important to follow the rules and to ensure that the ladder is level and safe before climbing. .

## Points of 3-pointed rules

- To use ladders safely, always maintain three points of contact. Two hands and one foot or two feet and one hand on the ladder.
- Break 3-point contact only after reaching the ground or on a stable platform.
- Eyes on the ladder when climbing up and down.
- Keep both feet on the ladder when standing on it. Never straddle the space between a ladder and another object
- Do not carry tools, equipment, or material in your hands while climbing. Use a tool belt for small tools and a hoist line or gin wheel for lifting and lowering larger items.