

### Ladder Safety



If you need to climb a ladder, use and maintain three points of contact when climbing up or down.

When using a ladder, work within the side rails. DO NOT over extend your reach.

Only ONE person should be on a ladder at a time.

When you're using a ladder, do not block doorway or means of egress. Do not set it up in walkways.

Set up your ladder on a firm, stable, and level ground or surface.

Extension ladders must extend three feet beyond landing. Set it up at a 4 to 1 ratio. This will help prevent a fall.

Remember, face the ladder AND maintain three points of contact at all times.