

# LADDER



# SAFETY

## DO'S

### ONLY USE A LADDER OR STEPLADDER

- After you have inspected it
- In a safe environment free or clutter
- At a firm level base
- If you can lean at approximately 75° from horizontal
- Where you can maintain 3 points of contact (hands or feet)
- Stay near the middle of the ladder

## DON'T'S

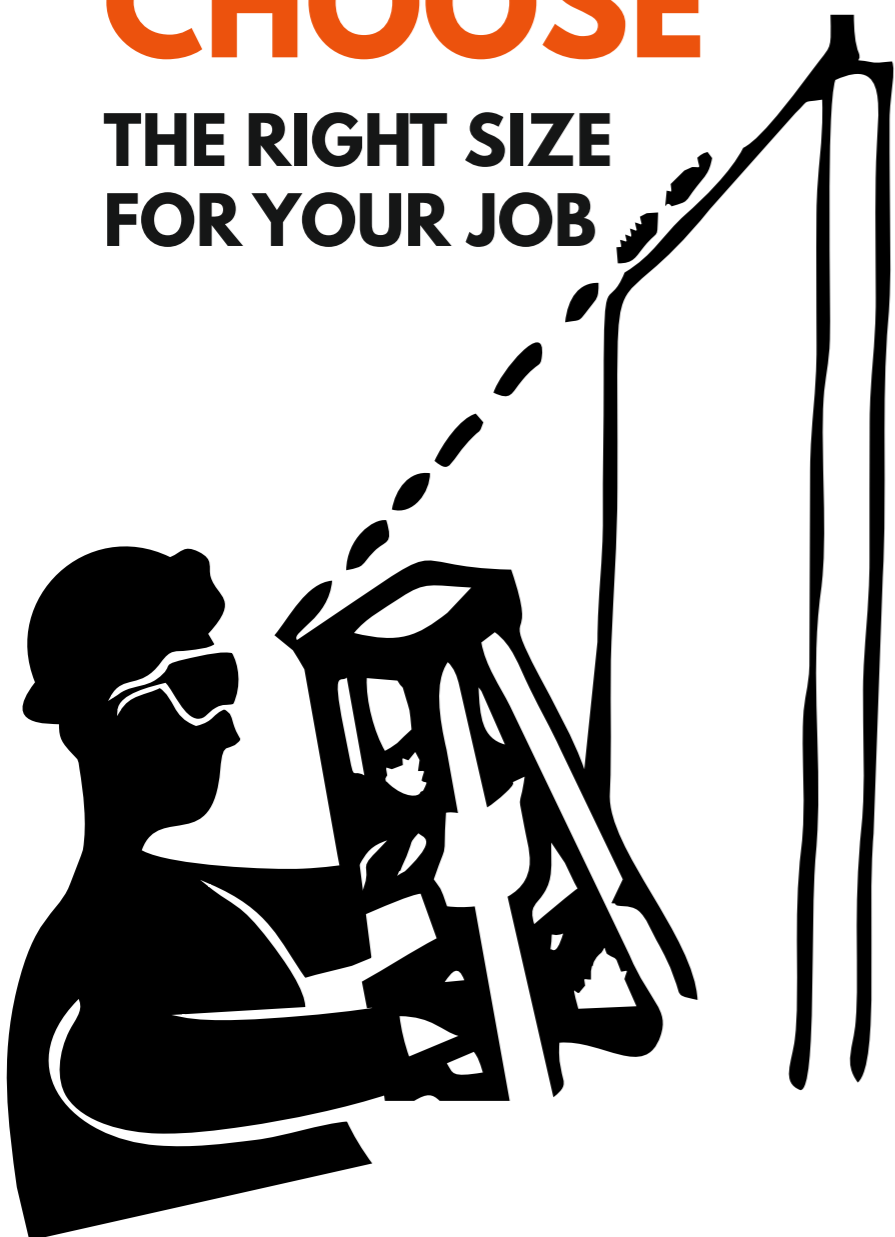
### ON A LADDER OR STEPLADDER DO NOT

- Extend ladders while standing on rungs
- Overload it carry loads on ladders
- Overreach
- Allow more than one person at one time
- Stand ladders on moveable objects or uneven ground
- Use the top two steps on either a ladder or a stepladder

## TO BE REMEMBER

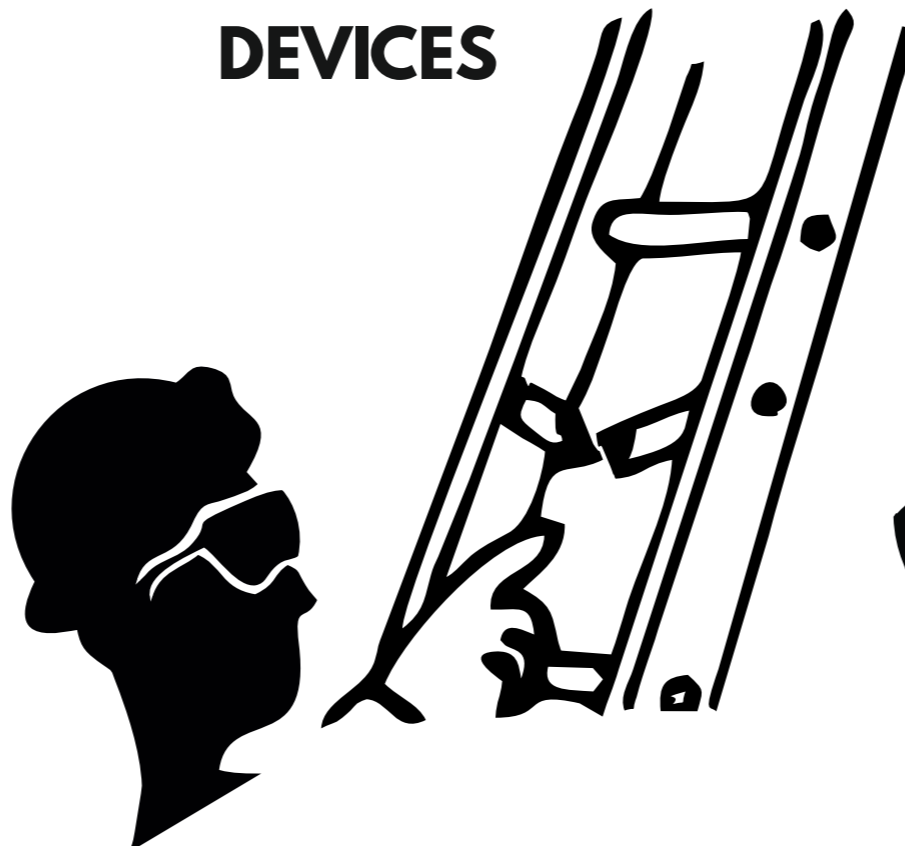
### CHOOSE

THE RIGHT SIZE  
FOR YOUR JOB



### INSPECT

FOR DEFECTS AND  
DAMANGED SAFETY  
DEVICES



### MARK

THE DEFECTIVE  
LADDER



The \_\_\_\_\_  
**SAFETY** ▲  
**POSTERS** ▲