



## LADDER SAFETY & FALL PREVENTION

- **Choose the Right Ladder** – Using the correct ladder (step, straight, combination or extension) can help prevent occupational falls, injuries and fatalities.
- **Follow the Instructions** – Prior to use, read and follow the label instructions; ensure all locks are in place and the appropriate accessories are used.
- **Inspect the Ladder** – Check for any damages prior to using the ladder; if there are damages, do not use until repaired.
- **Position the Ladder** – Properly angle the ladder on a dry, stable and even surface; do not move the ladder while in use.
- **Observe Your Surroundings** – Avoid using a ladder in a high foot traffic area or near electrical hazards, such as overhead power lines.
- **Climb with Caution** – Maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder; always keep your body near the middle of the step and face the ladder; do not exceed the maximum load rating.