



5 STEPS TO LADDER SAFETY

1

Always place ladders on solid or stable surfaces

2

Maintain 3 points of contact when on a ladder; 2 hands and 1 foot or 2 feet and 1 hand in contact with the ladder

3

When setting up a ladder, maintain a 4:1 ratio; for every 4 feet in height, the ladder should be 1 foot out from the base

4

Never exceed the manufacturer's recommended weight limit

5

Extension ladders must extend 3 feet beyond the surface you are stepping onto





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