

# LADDER SAFETY



1

When going up or down, always face the rungs.

2

Three points of contact should always be maintained, either 2 feet and 1 hand or 2 hands and 1 foot.

3

When using a ladder, ensure it is on a stable surface.

4

The top rung of a ladder is NOT a step.

5

Never carry something that may cause you to lose your balance.