



STEP UP TO SAFETY

LADDER **DOs** & **DON'Ts**

Falls are the leading cause of death in the construction industry



DO

- ✓ Inspect before use — every time!
- ✓ Use the right ladder for the job
- ✓ Plan your position before climbing
- ✓ Secure your tools before climbing
- ✓ Set the ladder on stable, level ground
- ✓ Be mindful of your environment
- ✓ Maintain three points of contact
- ✓ Stay toward the middle of the ladder

DON'T

- ✗ Use a damaged ladder
- ✗ Set up on an unstable surface
- ✗ Place a ladder on moveable or uneven objects
- ✗ Exceed the ladder's weight limit
- ✗ Stand on the top rungs or cap
- ✗ Overreach while working
- ✗ Move or adjust a ladder while someone is on it

DON'T **FALL SHORT**
of a safe work day!

