

SAFETY BASICS

LADDER SAFETY BASICS

Inspect ladders before use.

Wipe shoes of oily and slippery substances before stepping onto the ladder.

Use the right ladder for the job!
Never substitute crates, boxes or chairs for ladders.

Observe the "belt buckle" rule - do not lean over the sides of the ladder past your belt buckle.

Use the "four-to-one" rule when using a straight ladder - one foot of base for every four feet of height. For example, the base of a 16-foot ladder should be at least four feet from the wall.

