



## General Ladder Safety Tips

1. Select the correct ladder for your job—a ladder that is both rated for your weight and designed for the appropriate height and type of work you're doing. For example, if you're cleaning out gutters, you may need a tall extension ladder, not a stepladder.
2. Do a basic safety check before you get on any ladder. Look it over and make sure that rivets and welds are tight and in good condition, that the rails are in place, and that the ladder doesn't wobble unsafely. Check the feet of the ladder to make sure there's no build up of dirt, oil, or other material that would create an uneven surface.
3. Face forward and climb one rung at a time while going up or down a ladder.
4. Don't stand on either of the top two rungs of an A-frame stepladder.
5. When on a ladder, don't lean or reach too far to one side. A good rule of thumb is to always keep your belt buckle between the side rails. It's better to be safe and come down from the ladder and move it closer to your desired work area than to reach out too far and cause the ladder to fall.