



LADDER SAFETY

Before use

Inspect the ladder for defects before each use.

Place the ladder on a stable surface.



Do not climb the ladder if you feel tired, dizzy, or are prone to losing your balance.

Only use ladders outdoors in calm weather.

During use

Follow manufacturer weight and use restrictions.



Always maintain three points of contact with the ladder (i.e. two hands and a foot, two feet and a hand).

Use locking features and spreaders.

Stay in the middle of the ladder. Avoid tipping the ladder or overextending your reach.



Always climb facing the ladder.

Carry any tools in a tool belt, or have someone hand them to you once you are safely on the ladder.



Get off the ladder before moving it.