

DON'T GET LEFT HANGING

USE YOUR

LADDER SAFELY



- Choose a ladder that's the correct height for the job—and make sure it's in good condition.
- Wear shoes with nonskid soles—not leather.
- Use the "4 to 1" rule. Count the number of rungs from the support point to the ground and divide by four—that's how many feet the ladder should be away from the wall.

- Don't stand on the top four rungs of a ladder or the top two steps of a stepladder.
- Don't move a ladder while you're on it.
- Don't lean too far to either side—keep your belt buckle between the rails.