

NATIONAL LADDER SAFETY MONTH

MARCH 2024

Safe Stepladder Use

- Maintain a 3-point contact.
- Only put ladders on a stable and level surface.
- Face the ladder when climbing or descending.
- Keep your body inside the side rails (“belt-buckle rule”)
- DO NOT OVERREACH!!
- Only use ladders as they were intended.
- Don’t use the top or top step of a stepladder unless it was designed for that purpose.
- Inspect ladder before use – NEVER use a damaged ladder.
- Never use a metal stepladder near electrical equipment.

