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.

Do not overreach! Do not use top step! Do not use damaged ladder! Use stable, level surface

SAFETY FIRST
Maintain 3-point contact when ascending or descending ladder.