

## **Step Ladder Safety** **Guidelines**

- Make sure all four feet of the ladder are on a firm, dry, level surface
- Be sure to clear the ground area around the ladder before climbing
- Check ladder carefully for any cracks or loose pieces
- Only use ladder in a fully open position (lock side braces and cross braces before climbing)
- Always wear proper footwear with good tread when climbing
- Do not stand above the third step of the ladder
- Watch for people working under or around the ladder
- Keep body centered on the middle of the ladder
- Do not lean to reach items while standing on the ladder
- If ladder is above 8 feet or on uneven ground have at least **(1)** person at the bottom of the ladder to help support the ladder; if working alone tie the ladder to a support structure wherever possible
- Do not lift or carry any heavy items while climbing up or down the ladder
- Use proper ladder etiquette at all times