

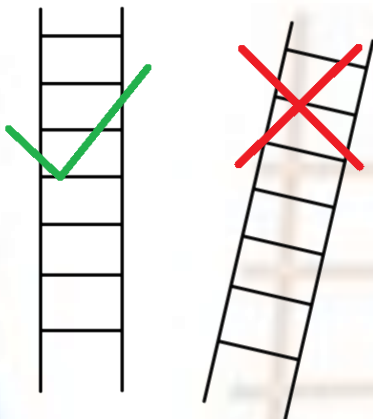
Ladder Safety

March is Ladder Safety Month. Remember these important safety tips:



Always maintain three points of contact when climbing up and down or performing work from a ladder.

Never extend your center of gravity past the edges of a ladder. A good rule of thumb is to keep your belt buckle between the side rails.



Make sure your ladder is placed on level, stable ground. Never climb a ladder unless all the feet are in contact with the ground.

For every 4 feet in the length of a ladder leaning against a structure, move the bottom of the ladder back 1 foot from the base of the structure.

