

# PORTABLE LADDER SAFETY

Falls from portable ladders are one of the leading causes of occupational fatalities and injuries. Don't become victim to a ladder injury—remember these safety tips:

- Read and follow all labels and markings on ladders.
- Don't use metal ladders when working near power lines or exposed energized electrical equipment.
- Always inspect a ladder prior to use. If it's damaged, remove it from service and tag it until it can be repaired or replaced.
- Maintain three-point contact (two hands and one foot, or one hand and two feet) on a ladder at all times.
- Keep your body near the middle of the step, and always face the ladder while climbing.
- Don't use the top rung as a step unless it was designed for that purpose.

