

LADDER RULES

- ✓ Always face ladder when ascending or descending.
- ✓ Always maintain 3 points of contact on the ladder :
2 feet + 1 hand or
2 hands + 1 foot
- ✓ Top of ladder should never be used as a step.
- ✓ Ladders should never be moved, shifted or extended while occupied.
- ✓ Never carry an object or load that could cause you to lose your balance.

An illustration of a worker from behind, climbing a ladder. The worker is wearing an orange hard hat, a high-visibility yellow safety vest over a grey long-sleeved shirt, and blue jeans. A red tool bag is attached to the back of the jeans. The worker is holding onto the ladder with both hands and has one foot on a rung. The ladder is positioned against a yellow wall. The background of the entire graphic is yellow, and the title 'LADDER RULES' is in a green banner at the top.

Shutterstock.com