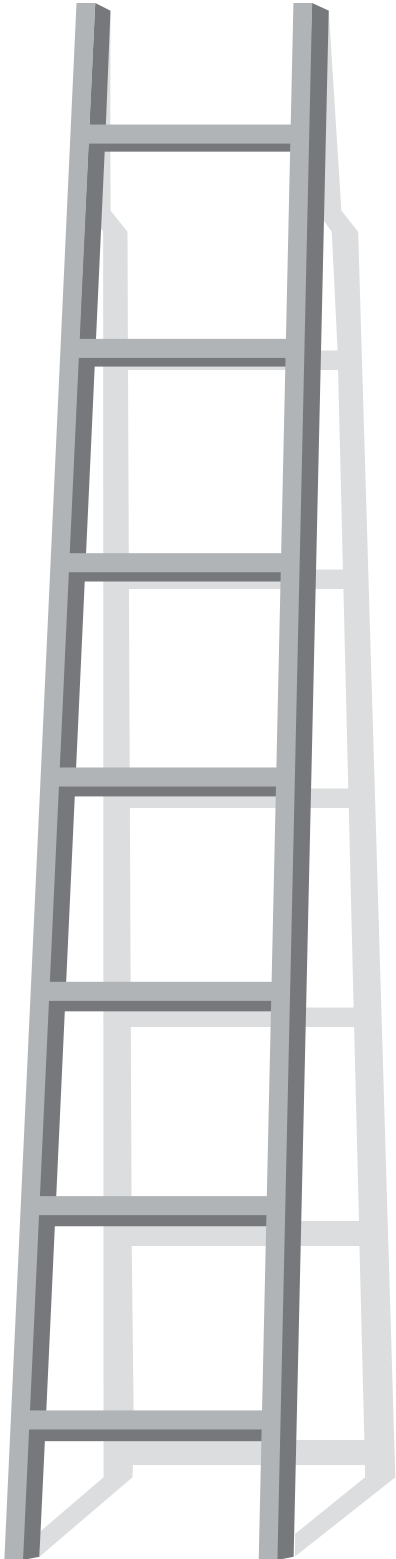




# Take Your Safety Into Your Own Hands.

## Do You Know What to Check For?



### Reminders about your ladder

- Determine what type of ladder is appropriate for your current work environment
- Confirm that the ladder is the appropriate length for the task
- Check that your ladder has the proper Duty Rating
- Thoroughly inspect the ladder to ensure it is in good working condition
- Clean the climbing and gripping surfaces
- Read the safety information label(s) on the ladder



### Reminders about your surroundings

- Confirm that the ground where the ladder is set-up is firm and level
- Confirm that any surrounding doors are blocked open, locked or properly guarded
- Ensure that the weather is sufficiently safe for using a ladder



### Reminders for YOU

- Clean the soles of your shoes to maximize traction and avoid slipping
- Ensure that you are not tired, dizzy or prone to losing your balance before using the ladder
- Use towlines, a tool belt or an assistant to convey materials so that your hands are free when climbing
- Maintain three points of contact with the ladder while climbing

Visit [www.laddersafetytraining.org](http://www.laddersafetytraining.org) to learn more and earn your ladder safety certificate.