



## General Safety

# Safe Ladders

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### Prevent falls with proper ladder safety.

- Inspect ladders for damage before each use.
- Verify the ladder is the correct length and type for the job.
- Always face the ladder when climbing up or down.
- Secure ladders to prevent tip-over or kick-out.
- Maintain three points of contact when climbing up or down.
- Do not over reach from a ladder.
- Take time to properly reset the ladder when moving locations.