The 10 Rungs of Ladder Safety

1. Use the right ladder for the job.
2. Handle the ladder properly.
3. Inspect before each use.
4. Look for hazards.
5. Remember the 4:1 pitch for extension ladders.
6. Keep inside the rails — don’t overextend.
7. Ensure a 3-point contact at all times.
8. Start with a solid, level surface.
9. Avoid high traffic areas.
10. Make sure employees are trained on proper ladder use.

AF Group

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Fold in half at the top. Fold bottom edges toward each other, and tape to make the table tent stand upright.