Follow these tips to stay safe on ladders

- Inspect your ladder before use to ensure it is in good working condition.
- Use the right ladder for the job. If it’s too short, get a taller one.
- Do not overreach. Keep your belt buckle between the sides of the ladder at all times.
- Only use step ladders in the fully opened and locked position.
- Do not stand on the top rung or top cap of a step ladder or the top rungs of an extension ladder.
- When using an extension ladder ensure someone holds the base of the ladder to keep it steady.
- Follow the 4-to-1 rule with extension ladders. For every 4 feet of ladder length you need to set the base of the ladder 1 foot away from the wall.

Don’t leave your safety up to luck!

Learn more! at the National Ladder Safety Month site presented by the American Ladder Institute.

Did you know the National Institute for Occupational Safety and Health has a Ladder Safety App!