



Top Dos and Don'ts for Ladder Use

DO

Inspect the ladder before use

Use the right ladder for the task

Maintain 3 points of contact when climbing

Ensure ladder is stable and secured

Remove damaged ladders from service

DON'T

Place on boxes or other items to add height

Carry objects in your hands while climbing

Walk or move the ladder while on it

Lean to one side or overreach

Jump off a ladder



Safe At Work California

For more information, visit:
www.SafeAtWorkCA.com