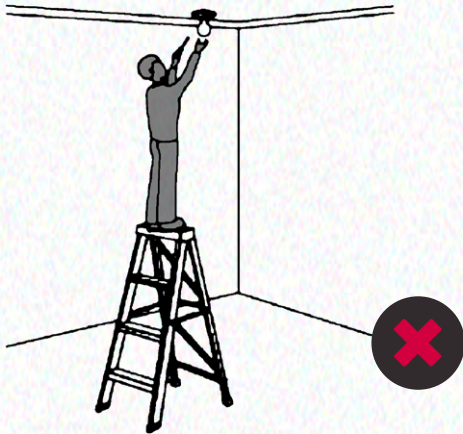


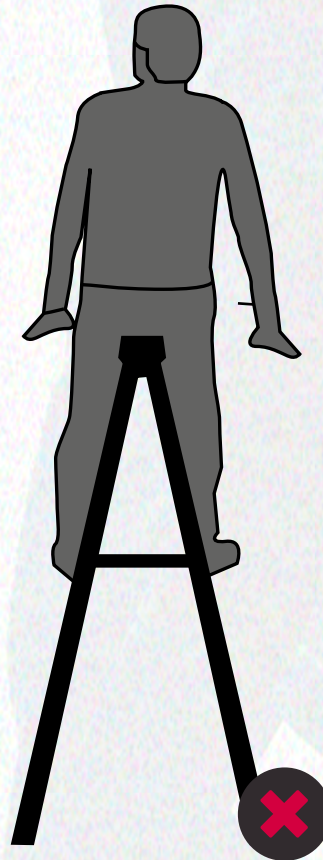
# DO'S AND DON'TS OF LADDER SAFETY



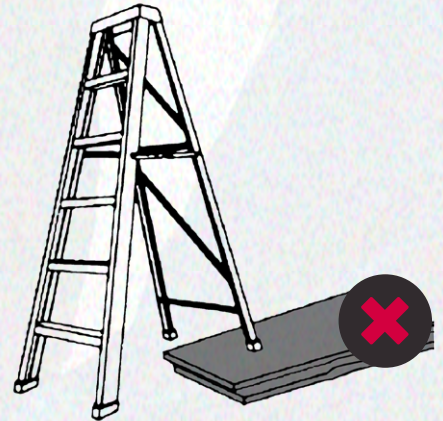
## DON'T...



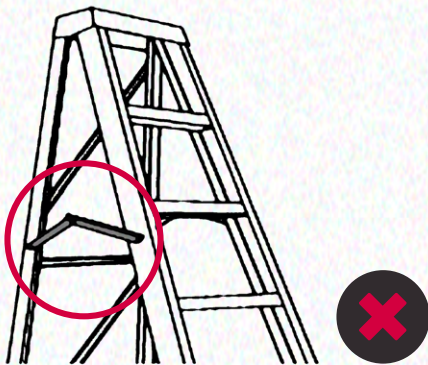
Don't stand on the top rung! Don't work higher than the third rung.



**DON'T LADDER WALK OR MOVE THE LADDER IF SOMEONE IS ON IT!**



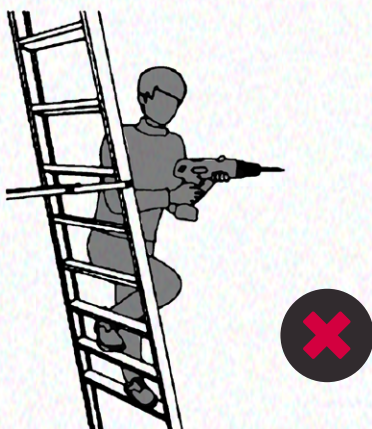
Don't place your ladder on uneven ground.



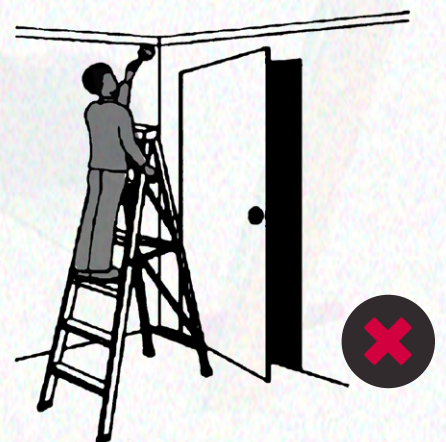
Don't use the ladder if it isn't fully extended.



Don't climb a ladder holding tools in your hands.



Don't lean away from the ladder to carry out your task.



Don't place the ladder where you could get knocked off.



# DO'S AND DON'TS OF LADDER SAFETY

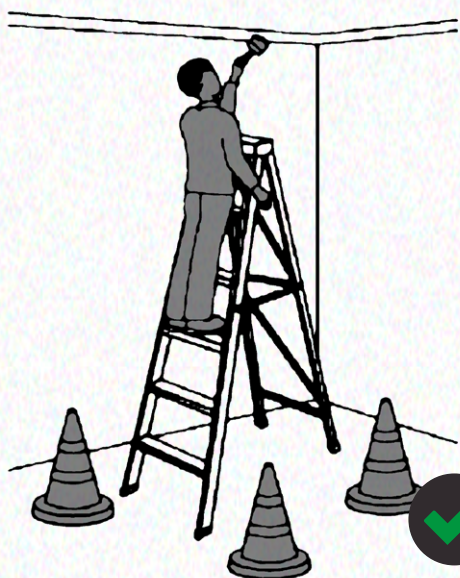
## DO...



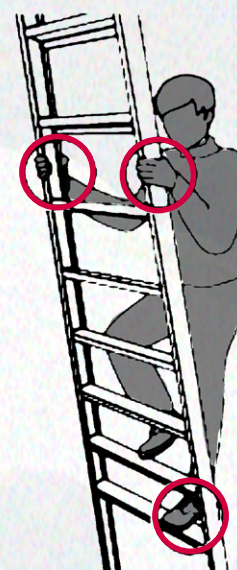
Do have a secure place to hold, no higher than 3<sup>rd</sup> rung from the top.



Do wear proper footwear (non-slip flat shoes).



Do prevent passers-by from walking under or near the ladder.



Do maintain 3 points of contact.

## DO...

### Check, Maintain and Store Ladders Well

Before using a ladder, check it carefully to ensure there are no visible defects and that it is in good working condition. Check the ladder according to the manufacturer's instructions.