

Ladder Safety Climbing Practices

- **Always check if ladder is securely in place.**
- **Always face the ladder and maintain three-points of contact when climbing and working on ladder.**
- **Always ensure all fly sections are properly locked in place.**
- **Never climb above the fourth rung from the top of an extension ladder or the second rung from the top of a step ladder.**
- **Never over reach to the sides of a ladder further than your belt buckle area.**
- **Never climb a ladder with mud, grease, oil, ice/snow or other slip hazards.**

