

# 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 3-point contact at all times.
8. Start on a solid, level surface.
9. Avoid high traffic areas.
10. Make sure employees are trained on proper ladder use.

