LADDER AND STEP LADDER

DO'S & DONT'S

- Only use on a firm level base
- Maintain three points of contact (ex: two feet & one hand)
- Stay near the middle of the ladder
- Use in a safe environment free of clutter

- Carry loads on ladders
- Overreach
- Allow more than one person on at a time
- Place on movable objects or uneven ground
- Use the top two steps

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