



SAFETY HITS HOME

The Dos and Don'ts of Ladder Safety

Make it a safe Spring. Whether you're cleaning your eavestroughs or taking down holiday lights, here are some tips to know before stepping foot on your ladder:

DO ensure that all ladder feet are on firm, level ground.

DON'T level your ladder by placing loose materials underneath it.

DO be careful not to over-reach or move a ladder while on it – you could lose your balance or tip the ladder.

DON'T stand above the second step from the top of a stepladder and the 4th rung from the top of an extension ladder.

CHOOSE SAFE NOT SORRY.

Take your first step toward a safer workplace. Visit www.worksafely.org or call the Workplace Health and Safety Call Centre (toll-free) at **1-866-415-8690**.

Alberta
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