

# LADDER SAFETY

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**ALWAYS** Face the ladder when ascending and descending

**ALWAYS** Maintain 3 points of contact on the ladder, 2 feet and 1 hand or 2 hands and 1 foot

**NEVER** Use the top of the ladder as a step

**NEVER** Attempt to move or shift the ladder while you or someone else is on it

**NEVER** Allow more than one person to occupy the ladder at a time



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