



## The 10 Top Steps to Ladder Safety

It's almost time to clean leaves out of gutters, but when you do, keep in mind some of these safe-climbing guidelines.

**Never** climb higher than four rungs from the top of the ladder -- any higher could throw off your balance.

**Don't** place ladders near electrical wires.

**Set up** the ladder on a level surface, and secure its anti-slip feet. Don't use ladders on ice or snow.

**Allow** only one person on a ladder at a time.

**Always** maintain three points of contact with the ladder (two feet/ one hand or two hands/ one foot).

**Never** use a damaged ladder.

**Don't** lean sideways or reach out while on a ladder.

**Check** the ladder for slip hazards (paint or oil on rungs) before you climb. Make sure the bottoms of your shoes are clean and dry before going on the ladder.

**Lean** the ladder against a secure structure, not against gutters, drainpipes, tree limbs, or glass.

**Always** face the ladder when ascending or descending.

Every year, at least 65,000 people require emergency room treatment as a result of ladder falls. Follow these tips to prevent accidents at home and at work.

