

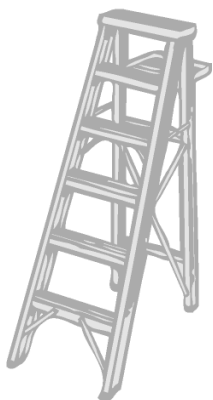


You can prevent a fall



Staying Independent

Prevent falls from ladders



Be sure hands and feet are free from oil, grease, or other substances before climbing a ladder.

Prevent falls when using ladders by following these tips:

- Select a CSA approved ladder for the task.
- Check for any defects.
- Before using a ladder outdoors, choose a location that is well away from all power lines.
- Do not use a ladder in front of an unlocked door.
- Place the ladder on level ground, where it will be free from loose or slippery substances. And open it completely, making sure all locks are set.
- When climbing, always face the ladder and wear slip-resistant shoes.
- Make sure rungs are dry before use.
- Stand at or below the highest safe standing level on a ladder. For a stepladder, the safe standing level is the second rung from the top, and for an extension ladder, it's the fourth rung from the top.
- Move the ladder as needed to avoid overreaching. If your belt buckle crosses either side of the ladder you are reaching too far.
- The distance from the feet of an extension ladder to the wall should be no more than 1/4 to 1/3 of the height on the wall it is reaching.