



# ASCIP

## Safety Spotlight

### Use Caution While Climbing: Tips For Proper Ladder Use

- Inspect ladder before use
- Stay off the top three rungs or steps
- One person at a time, unless the ladder is designed for multiple users.
- When climbing, or working on a ladder, face the ladder and stay centered between the rails
- Maintain three points of contact at all times.
- Keep the area near the ladder's base clear and unobstructed.
- Extend the ladder three feet above the roof or platform being accessed.
- Keep a 4' to 1' ratio for the ladder's angle.
- Make sure to secure the ladder to its storage place, using chains, ropes, or clips.



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