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**Ladder Safety**

**Extension Ladders**

When working from an extension ladder, make sure it is set up at a 4:1 angle with secure footing on a firm level surface.

For accessing an upper level, make sure the extension ladder is set up at a 4:1 angle on a firm, level surface and the side rails extend at least 3’ above the surface to be accessed.

Lastly, make sure the extension ladder is secured at the top and bottom

**Climbing or descending ladders**

When climbing a ladder, you must have both hands free and face the ladder. This allows for three points of contact with the ladder at all times and reduces the chances of falling. The three point contact is two hands and one foot or one hand and two feet.