



## STANDING ON THE STOCK LADDER

Whenever you are working off of a ladder, make sure you have firm footing and good balance. The way to do this is to place one foot up and the other foot down on the steps as you work. Placing your feet at different levels widens your base which increases your balance and gives a better footing. It is no fun to stumble and fall down a ladder, so protect yourself and always use a wide base!