

USING THE LADDER

Slipping off the step ladder can end a painful way. Skinning your shin or spraining an ankle could lead to lost time on the job for you. Always make sure you have a <u>solid foothold on the rung with your shoe</u> before you step up. The best say to do this is to place your shoe so that the rung contacts the front of the heel. That way your foot won't slip and you will be safe!