



WORKING OFF LADDERS

Standing on a ladder to work will sometimes put you in an unstable position and you could loose your balance. To avoid this, always put one foot up and one foot down on the steps of the ladder. It also helps to put your far foot up and your close foot down for the maximum stability. Don't take chances on ladders, because it could be a long way down to that hard cement floor when it comes time to break your fall!