

# EASTERN ILLINI CARES



March is Ladder Safety Month.  
Here are a few tips to keep you safe:

Carry ladders **HORIZONTALLY**.

Always make sure the ladder is on a **SOLID, LEVEL SURFACE** before attempting to climb.

For every four feet the ladder reaches up a wall, the base should be placed one foot away from that wall to **PREVENT TIPPING AND FALLS**.

Maintain **THREE POINTS OF CONTACT** while climbing by keeping two hands and one foot or two feet and one hand in contact with the ladder.

**KEEP YOUR BODY CENTERED** between the ladder side rails.

**NEVER CLIMB, STAND OR SIT** on the top step or straddle the top of the ladder.

**NEVER ATTEMPT TO MOVE** a ladder while standing on it.

Keep yourself and the ladder **AT LEAST 10 FEET** in all directions from power lines, including service lines.

