

YOUR CO-OP 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.

