Ladder Safety

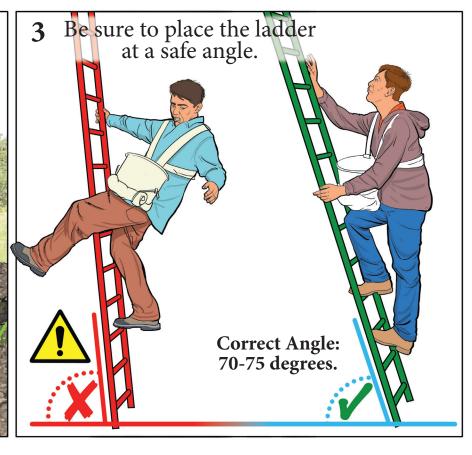
Art and Design: Salvador Sáenz Color and Art Support: Uriel Sáenz To access a free electronic version of this material, visit www.nycamh.org Funding for the production of this material was provided by the NY State Occupational Health Clinic Network



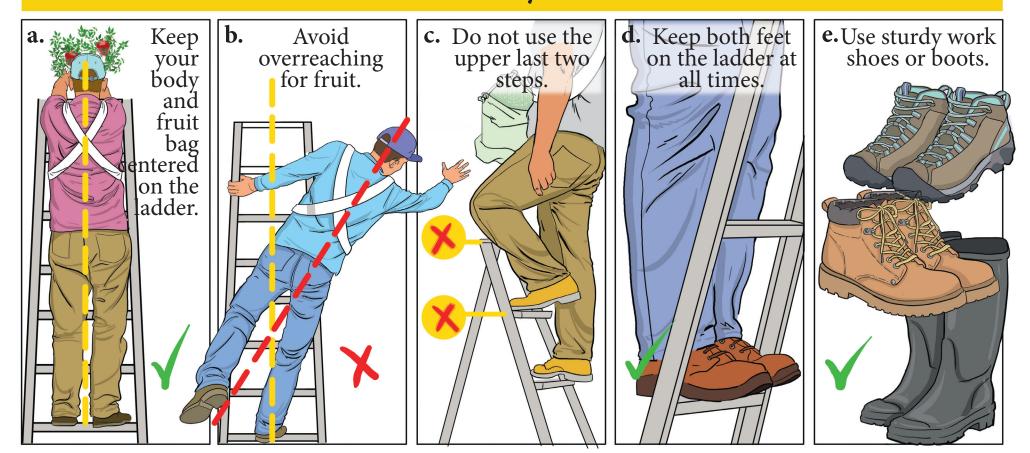
Prevent injuries! Use your ladder safely.







4. To maintain your balance:



5. To move up and down, always position hands on the sides of the ladder, not on the steps.

