

SEASONAL SAFETY TIPS

AVOIDING SLIPS, TRIPS AND FALLS

NAVALSAFETYCENTER.NAVY.MIL



- LADDERS SHOULD EXTEND AT LEAST THREE FEET ABOVE YOUR ROOF OR THE SURFACE YOU ARE WORKING WITH.
- NEVER STAND ON YOUR TOES OR THE TOP RUNG OF THE LADDER. IF YOU HAVE TO DO THIS, THE LADDER IS NOT TALL ENOUGH FOR
- YOUR PURPOSES. THE SECOND RUNG FROM THE TOP IS AS HIGH AS YOU SHOULD CLIMB ON A STEP LADDER.
- ONLY USE LADDERS ON FLAT, SOLID SURFACES.
- WHILE ON THE LADDER, KEEP YOUR BODY WEIGHT CENTERED AND DO NOT OVERREACH. BOTH YOUR FEET SHOULD BE SECURELY PLANTED ON THE LADDER AT ALL TIMES.

