

New York State Insurance Fund nysif.com

SAFETY**PRINCIPLES**

SERVICE

>EMPLOYEE HANDOUT

LADDER SAFETY

Complete sentences by choosing the correct letter from the list below.

- 1. Use non-metallic ladders... ____
- 2. Observe the "belt buckle" rule...
- 3. Ladders should be...
- 4. Use the "four to one" rule...
- 5. Never stand on the top step of a ladder...

Select the correct letter:

- a. inspected before use.
- b. one foot of base for every four feet of height.
- c. whenever you are working with electricity.
- d. do not lean out over the sides of a ladder past your belt buckle.
- e. even step ladders.





Date

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