Before climbing any ladder, check its condition...
Nuts and bolts tight? Rungs secure? Spreaders working? Safety feet working right?
also, check these basic rules for ladder safety...

Stepladders
- Make sure the spreaders are locked open before climbing.
- Make sure nearby doors are locked or walkways barricaded to prevent collisions.
- Never overreach while working on a stepladder. Move the ladder instead.
- Never climb above the second rung from the top.

Straight Ladders
- Always use the 4 to 1 rule: Position the base of the ladder 1 foot (30cm) from the wall for every 4 feet (1.2m) of the ladder's height up to the support point.
  **Example:** The base of a 16-foot (4.8m) ladder should be 4 feet (1.2m) from the wall.
- A straight ladder should extend at least 3 feet (90cm) past its support point.
- Tie down your ladder as close to the support point as possible.
- Use only straight ladders that have properly functioning safety feet.
- Never climb past the third rung from the top on a straight ladder.
- Never overreach: The trunk of your body should not extend past the side of the ladder.

All Ladders
- Always wear slip-resistant footwear.
- Keep the ladder rungs free of oil and grease.
- Always go up and down facing the ladder, holding on with both hands.
- While working, hold on to the ladder with one hand at all times.
- Use a tool belt or a bucket attached to a hand line to pull tools up.
- Never use a metal ladder when working with electrical current.