**Setting Up a Ladder Safety**

* Carry a safely balanced ladder.
* Keep the front end up to allow you to see where you are going.
* Get help for long or heavy ladders.
* Do not place ladders on barrels, boxes, or elevated work platforms.
* Set up a ladder only on a solid level surface.
* When storing a ladder, never set it on its rungs; store it on its side rails.
* Set extension ladders into position first; then, raise extensions.
* Have a worker hold the ladder for temporary work or when setting up.
* When possible, secure the top of a ladder.
* Brace the ladder feet if the surface is not secure.
* Look up and watch for power lines.
* Use a fibreglass ladder if you are near electrical sources.
* Be sure to lock the braces on a stepladder.
* Be sure to account for height factors properly.
* Place the ladder within 1 to 1.2 metres (3 to 4 feet) of the point of work.
* Never construct scaffolding with stepladders.
* Make a barricade if traffic could be a hazard.
* Remember the 4-to-1 rule for placing the feet of a straight or extension ladder.