

March 2022



Spring Ladder Safety



Reduce Your Use



Co-op Principle Four

## USE LADDERS SAFELY THIS SPRING

Misuse of a ladder can cause serious harm or death, which is why ladder safety is so important!

The first rule of using a ladder is to keep them away from power lines. Always look up and around where you plan to use a ladder to avoid any possible contact. Once you know that the area is safe, inspect the ladder for defects and follow these other tips for using a ladder safely.

### To stay safe make sure you:

- Place your ladder on solid, level ground
- Stay at least 10 feet from overhead lines
- Extend the top three feet above the landing
- Keep the base free of work materials
- Always maintain 3-points of contact (two hands and a foot, or two feet and a hand)
- Never stand on the top two rungs of a step ladder
- Set the ladder at the correct angle (one quarter of the vertical length from the wall)
- Find a friend to hold the base or tie it off (especially extension ladders)

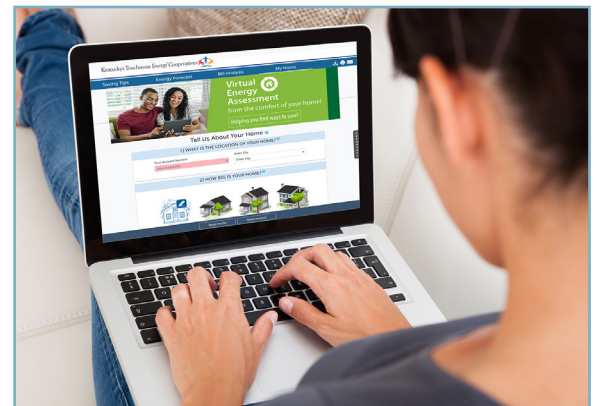
Remember to never overreach. You might tip sideways or cause the base to kick out. If your belt buckle is outside the side rails, you may be in danger.

Always face a ladder when climbing up or descending, and use caution if you need to raise materials or equipment to where you are working. Instead of carrying items up in your hands, use a tool belt or a rope to get what you need up to your work site.



## VIRTUAL HOME ENERGY ASSESSMENT

Looking for ways to save money on your energy bill? Take our Virtual Home Energy Assessment! This online tool is designed to use your specific information to give you options for changes you can make to reduce your energy use. Find this tool and other energy saving resources at <https://nolinrecc.com/energy-savings/>



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Members create co-ops to provide a service that is needed.  
Co-ops are independent and can operate on their own,  
which benefits the members.