

## Climbing the Ladder

**Face the ladder when going up or down**

**Use at least one hand to grab the ladder when going up or down –**

**Maintain 3 points of contact at all times!**

**Do not carry any object or load that could cause you to lose balance**



The 'Belly Button Rule'

# SAFETY MEETING RECORD

Person Conducting

Department/Area

Date/Time

Number Attending

Attendees:


## CONTENT

What was the main topic? \_\_\_\_\_

What were the subtopics? \_\_\_\_\_

What questions or concerns were expressed? \_\_\_\_\_


Safety rules reviewed \_\_\_\_\_
