

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: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

CONTENT

What was the main topic? _____

What were the subtopics? _____

What questions or concerns were expressed? _____

Safety rules reviewed
