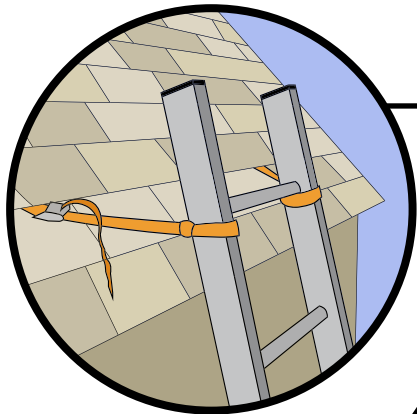


4-TO-1 RULE

When setting up your ladder, place ladders on stable, level ground. Avoid positioning them in front of unlocked doors. Adhere to the 4-to-1 rule for proper angle placement: the base should be one foot away from the wall for every four feet of ladder height. Ensure the top of the ladder extends three feet above the landing or support point.



Secure Positioning: Secure ladders at the top and bottom to prevent movement. If securing isn't feasible, have another person stabilize the ladder during use.

