1) **Ladders**
   - Make sure rungs are securely fastened to the ladder rails and not cracked or rusted
   - Never stand on the top steps of a ladder
   - Remove damaged ladders from service until they are repaired or replaced

2) **Personal Protective Equipment**
   - Wear suitable protective footwear—ensure proper fit
   - Keep shoes free from grease, oil, and other contaminating material
   - Inspect your shoes often and replace as necessary
   - Make sure footwear is selected based upon hazard assessment

3) **Rigging for a lift**
   - When using an approved lifting chain be certain the links are straight to avoid twisting the links
   - When using wire rope slings and chokers inspect for broken strands, discard and replace if damaged
   - Use slings and chains that are capable of lifting the load. Know the load amount and rigging limits.

Attendees:

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