

Environmental Health and Safety

October 10, 2014



Got Dirty Gutters?

Ladder Safety Tips:

- Before using a ladder, inspect it to confirm it is in good working condition.
- Be sure to follow the safety instructions on your ladder.
- A ladder should always be placed on a level, clean surface.
- Always keep three points of contact; either both hands and one foot or both feet and one hand should be in contact with the ladder at all times.
- Never lean outside of the ladder rails.



Cleaning Gutters Safely:

- Wear protective gloves to avoid cutting hands on any sharp edges.
- Wear safety glasses or goggles to protect eyes from flying debris.
- You'll need a garden hose that reaches as high as your gutters. Be careful to not let your feet get tangled in the hose as you go up the ladder.
- Never clean gutters during any type of storm.
- Keep a look out for over head wires/ power lines.



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For more information on ladder safety visit www.laddersafety.org

For more information on gutter cleaning visit http://safetyandhealth.ext.wvu.edu/home_safety/gutters

Don't learn safety by accident