



STOP. LOOK. LIVE.

Ladder Safety Tips for Spring Cleaning Jobs

Spring is the perfect time to freshen up your home, but safety should always come first! If you're using a ladder for tasks like pruning trees, cleaning gutters or painting, take a moment to look around for electrical hazards, especially overhead power lines. Staying clear of them can prevent serious injuries and keep your project worry-free.



For more tips on staying safe
around electricity, visit
[firstenergycorp.com/publicsafety](https://www.firstenergycorp.com/publicsafety).

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Remember these three words to help you stay safe:

STOP

When working with ladders outside, always start by surveying the area and identifying all power lines and electrical equipment.

LOOK

Know where power lines are located and make a plan to keep people and equipment away from them. Never attempt to trim trees near power lines.

LIVE

Keep all ladders and other tools **at least 10* feet** from any overhead power lines and always carry your ladder horizontally when moving it from one area to another. Stay aware and stay safe.

*Transmission lines (larger lines with higher voltages) require greater distances.

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