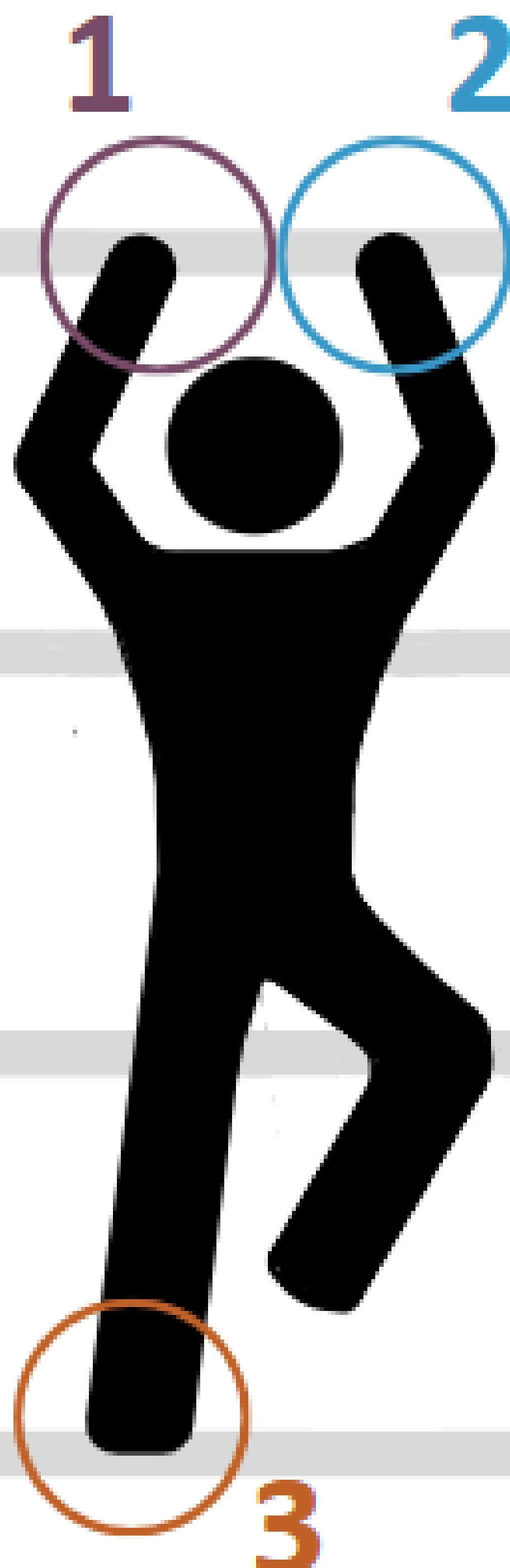


3 Points of Contact

When on a ladder, you must maintain three points of contact at all times.

2 hands, 1 foot



or

1 hand, 2 feet

