LADDER SAFETY TIPS

Read instructions labels. All instructions and warnings should always be read before climbing. Failure to follow all instructions and warnings may result in serious injury or death. Be aware of and comply with all federal, state, local, ANSI, OSHA and other codes and regulations.

Ladder Inspection

a). Look over your ladder carefully each time before climbing. Look for missing, damaged or loose components.
b). DON'T use a damaged ladder.
c). Make sure that working parts move properly and that all connections are secure.
d). Carefully check spreaders, extension ladder locks and flippers and safety shoes.

Care & Maintenance

a). Keep ladders in good condition.
b). Clean spills or drips and keep the ladder free from oil, paint and other slippery materials.
c). Lightly lubricate moving parts.

Safety Before You Climb

a). Use fiberglass ladders if there is even a remote possibility of working near electricity or overhead power lines. Fiberglass is electrically non-conductive.
b). Never use metal, water logged or dirty wood ladders near electricity!
c). Fully open the stepladder and firmly lock both spreaders.
d). Position the ladder so you can face your work and do not have to lean sideways.
e). Be sure that all ladder feet are on firm, level ground. Don't place a ladder on slippery surfaces or place anything underneath a ladder.
f). Place the extension ladder top so both rails are fully supported. Support area should be at least 12" wide on both sides of the ladder.
g). Always be sure that the locks are fully engaged and the fly is in front of the base before climbing.

Do's and Don'ts

DO make sure your ladder has been properly set-up and is used in accordance with safety instructions and warnings.

DO ware slip-resistant shoes.

DO keep your body centered on the ladder. Hold the ladder with one hand while working with the other. **Never let your belt buckle pass beyond either ladder rail.**

DO move materials with extreme caution. Be careful pushing or pulling anything while on a ladder. You may lose your balance and/or tip the ladder.

DO get help with a ladder that is too heavy to handle alone. If possible, have another person hold the ladder when you are working on it.

DO climb facing the ladder. Center your body between the rails. Maintain a firm grip.

DO always move one step at a time, firmly setting one foot before moving the other.

DO haul materials up on the line rather than carry them up an extension ladder.

DO use extra caution when carrying anything on a ladder.

DON'T stand above the highest safe standing level.

DON'T stand above the second step from the top of a stepladder and the 4th rung from the top of an extension ladder. A person standing higher may lose their balance and fall.

DON'T climb a closed stepladder. It may slip out from under you.

DON'T climb on the back of a stepladder. It is not designed to hold a person.

DON'T stand or sit on a stepladder top or pail shelf. They are not designed to carry your weight.

DON'T climb a ladder if you are not physically and mentally up to the task.

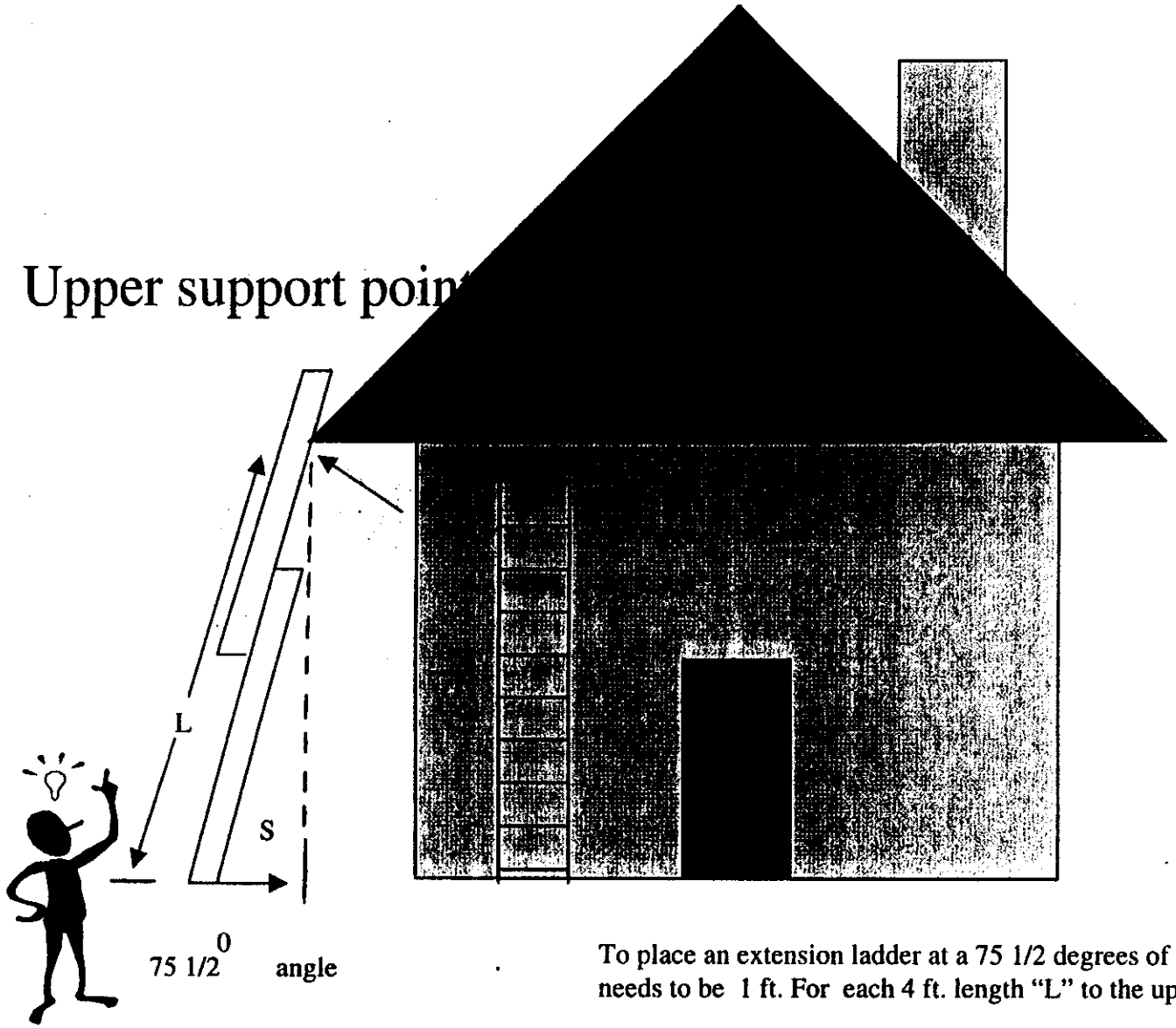
DON'T exceed the Duty Rating, which is the maximum load capacity of the ladder. Do not permit more than one person on a single-sided stepladder or on any extension ladder.

DON'T place the base of an extension ladder too close to the building as it may tip over backward.

DON'T place the base of an extension ladder too far away from the building, as it may slip out at the bottom. Set the ladder at a 75-1/2° angle.

DON'T over-reach, lean to one side, or try to move a ladder while on it. You could lose your balance and/or tip the ladder. Climb down and then reposition the ladder closer to your work!

4 to 1 Ratio



To place an extension ladder at a 75 1/2 degrees of angle. The set back "S needs to be 1 ft. For each 4 ft. length "L" to the upper support point.