

## Step Ladder Safety

### PROPER SELECTION

1. Select ladder of proper duty rating to support combined weight of user and materials.
2. Select ladders of proper length to safely reach desired height.

### INSPECTION BEFORE EACH USE

1. Inspect thoroughly for missing or damaged components. Never use a damaged ladder and never make temporary repairs.
2. Inspect thoroughly for loose fasteners. Make sure all working parts are in good working order.
3. Clean ladder of foreign material (wet paint, mud, grease, etc.).

### CONSIDER BEFORE EACH USE

1. **Metal ladders conduct electricity. Keep away from electrical circuits.**
2. Consult manufacturer for use in chemical or other corrosive environments.
3. Use a ladder only as outlined in instructions. Ladders are designed for one person only. Do not overload.
4. Do not use in high winds or during storm.
5. Do not use in poor health, if taking drugs or alcoholic beverages, or if physically handicapped.
6. Keep shoes clean. Leather soles should not be worn.
7. Never leave ladder set up and unattended.
8. Pay close attention to what you are doing.
9. Use this product at your own risk.

### PROPER SET-UP AND USE

1. Use help in setting up ladder, if possible.
2. Make sure ladder is fully open and spreaders locked.
3. Set all feet on firm level surface. Do not place on unstable, loose or slippery surfaces. Place ladder where access is not obstructed. Do not place in front of unlocked doors. Ladders are not intended to be used on scaffolds.
4. Secure ladder from movement where possible.
5. Make sure spreaders are locked and ladder is stable before climbing.
6. Climb only front side of ladder. Face ladder when climbing up or down. Maintain a firm grip. Use both hands when climbing.
7. Keep body centered between side rails. Do not over reach. Get down and move ladder as needed.
8. Do not climb, stand or sit above second step from top on stepladders or above platform on platform ladders. Do not climb, stand or sit on spreader braces, ladder top or pail shelf.
9. Do not straddle front and back. Do not climb from one ladder to another.
10. Avoid pushing or pulling off to side of ladder. Do not "walk" or "shift" ladder while on it.

