



SAFETY BRIEF

STEP LADDER TIPS

Choose the right ladder for the job. Consider your weight, plus the weight of any tools, materials and equipment.

Working near electricity? Use a wood or fiberglass ladder.

You can safely reach about 4 feet higher than the ladder's height. For example, a 4-foot ladder allows you to reach an 8-foot ceiling.

SAFETY TIPS:

- Don't stand on the top two steps
- Lock or barricade any adjacent doors
- Maintain three points of contact
- Don't carry tools and materials in your hands
- Keep treads clean
- Don't overreach
- Keep your hips within vertical rails
- Be sure the base is on level, stable ground
- Use ladders with nonslip feet
- Open legs fully and lock spreaders



Type	Duty Rating	Use	Load
1AA	Special Duty	Rugged	375 lbs.
1A	Extra Heavy Duty	Industrial	300 lbs.
1	Heavy Duty	Industrial	250 lbs.
II	Medium Duty	Commercial	225 lbs.
III	Light Duty	Household	200 lbs.



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