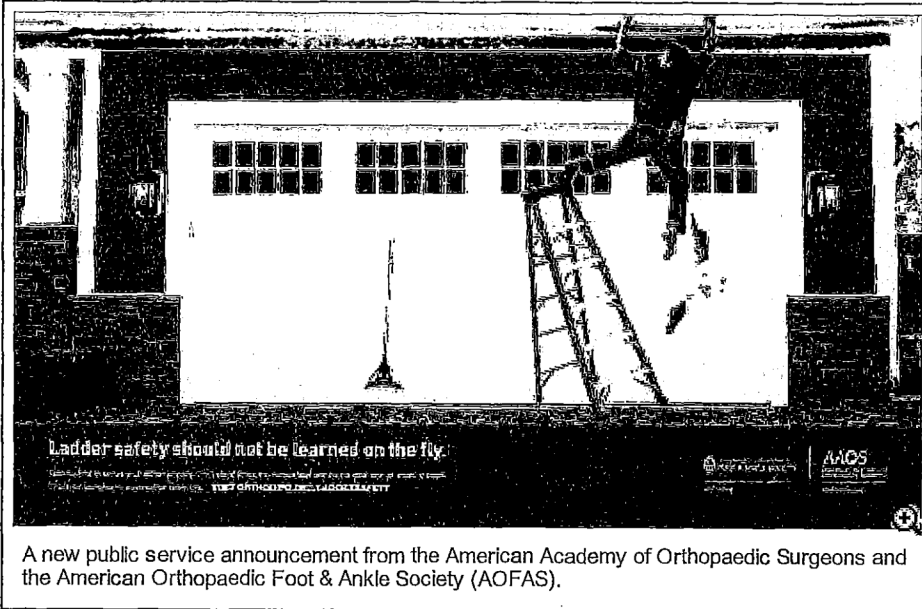


Ladder Safety Guide



Choose the Correct Ladder

- Use a ladder of proper length to reach the working height that you need. Inside a home, that probably means a low stepladder. For outside chores, you may need a taller stepladder, and for some projects, an even taller single or extension ladder. Keep in mind that, on a stepladder, the highest standing level should be two steps down from the top. On a single or extension ladder, never stand above the third rung from the top.
- Use a ladder according to use and "working load" — the amount of weight the ladder can hold, including yourself and any tools or decorations.

| LADDER TYPE | DUTY RATING | WORKING LOAD |
|-------------|-------------|------------------|
| IA | Industrial | 300 lbs. or more |
| I | Industrial | 250 lbs. or more |
| II | Commercial | 225 lbs maximum |
| III | Household | 200 lbs. maximum |

Inspect the Ladder Before Using It

Proper Set Up of the Ladder

- Use the 4-to-1 rule: Make sure the ladder is 1 foot away from the wall for every 4 feet that the ladder rises. For example, if the ladder touches the wall 16 feet above the ground, the feet/base of the ladder should be 4 feet from the wall. If you are going to climb onto a roof, the ladder should extend 3 feet higher than the roof. The upper and lower sections of an extension ladder should overlap to provide stability.
- Ladder height versus work height:

| Ladder Height | Maximum Work Height |
|---------------|---------------------|
| 16 feet | 13 feet |
| 24 feet | 21 feet |
| 28 feet | 24 feet |
| 32 feet | 29 feet |
| 36 feet | 32 feet |

