

Types of Ladders

Step Stools & Step Ladders (A-frame)

- Requires level ground for each of the side rails.
- Prevention of tipping hazards can be minimize by keep the body weight in the middle of the side rails.
- Never attempt to move or re-position a ladder without descending completely first.
- Do NOT get into a rush or overreach! Take time to reposition ladder to achieve a healthy working position.
- Follow guidance on the labels for highest step available, weight capacity, environment, and other safety information.
- Always face the ladder when ascending or descending.
- Do not carry tools or equipment when climbing the ladder. Have another person hand you equipment, use tool belt, or place the equipment at the working height prior to ascending.



Single or Extension Ladders

- The top of the ladder should extend at least 3 feet above the surface (i.e. roof) when the intent is to access the surface. This is to make access and descent easily achievable and less hazardous.
- Securing or tying the ladder at the top support point is important for accessing on or off and when working on a ladder.
- The pitch of the ladder should be set up at a 4/1 pitch. Meaning every 4 feet of height in elevation should position the ladder 1 foot away from the structure, equipment or activity. (See picture for visual explanation.)
- The 3 point rule is when the user maintains 3 points of contact with the ladder while ascending, descending or working from a ladder. This could be either 2 hands and 1 foot, or 2 feet and 1 hand.

