

USING A- FRAME LADDERS

Tips to using your A-frame ladder safely and effectively.

SET UP THE ENVIRONMENT

- Select an appropriate ladder size.
- Find a stable surface that is not icy, wet, or slippery.
- Do not place ladder in front of doorways or near railings without other precautions in place.
- Ensure the spreader is locked in place.



ASCENDING AND DESCENDING

- Use 3 points of contact when climbing and descending the ladder.
- Don't step on or above the top two rungs or above the manufacturer's recommendation as indicated on the ladder.
- Never adjust the position of the ladder when someone is on it.

GUIDANCE AND GOOD PRACTICE

- Have another person to assist and help when necessary.
- Avoid carrying items in your hands when climbing and descending.
- Inspect the ladder before use. Things to look for:
 - Damaged rungs, rails, or rubber feet
 - Missing or loose screws and bolts
 - Cracks, splits, or discoloration on the frame
- Pay attention to your surroundings
- Ladders with bent or broken side rails must be destroyed so the unsafe ladder cannot be used again
- Always face the ladder rungs
- As a rule of thumb, keep your belt-buckle, or center of balance, between the rails.

