

Safe Use of A-Frame/Step Ladder

A **step ladder** is a self-supporting portable, non-adjustable in length, **A-frame** ladder. It may have two front & two rear side rails. There are steps mounted between the front side rails and a bracing between the rear side rails.

A **step stool** is a stool with one or two steps that often fold away beneath the seat. Step stools that look like small step ladders and generally provide better stability and its hand hold users maintain their balance, which minimizes the potential for falls

Providing the right step ladder for the job

1. Use a ladder can sustain at least **four times the maximum** intended load.
 - a) Except that each extra heavy-duty type 1A metal or plastic ladder shall sustain at least 3.3 times the maximum intended load
2. To determine the correct ladder, consider *your weight* plus the *weight of your load*.
3. **DO NOT** exceed the load ratings and **ALWAYS** include the weight of all tools, materials, & equipment

TYPE	RATING	USE	LOAD
III	Light Duty	Household	200 lbs
II	Medium Duty	Commercial	225 lbs
I	Heavy Duty	Industrial	250 lbs
IA	Extra Heavy Duty	Industrial	300 lbs
IAA	Special Duty	Rugged	375 lbs

Common Hazards

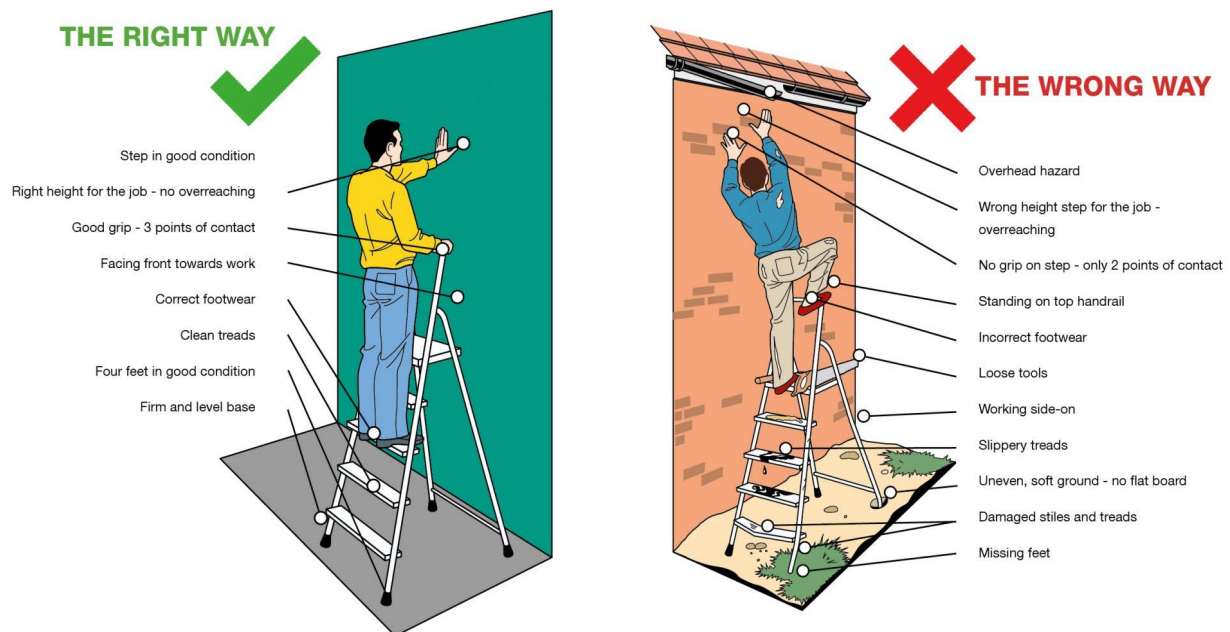
- Damaged step ladder
- Ladders on slippery or unstable surface
- Unlocked ladder Spreader
- Standing on the top step or top cap
- Loading ladder beyond rated load
- Ladders in high-traffic location
- Reaching outside ladder side rails
- Ladders in close proximity to electrical wiring/equipment

Prohibited Step Ladder Uses

1. Ladders **SHALL NOT** be used for purposes other than that for which they were designed.
2. **DO NOT** place planks on the top cap or use it as a step.
3. Step ladders **SHALL NOT** be used as single ladders or in the partially closed position or with spreaders unlocked.

Safe Step Ladder Use

1. Read and follow all the manufacturer's instructions and labels on the ladder.
2. Look for overhead power lines before handling or climbing a ladder.
3. **Maintain a 3-point contact** (two hands and a foot, or two feet and a hand).
4. Stay near the middle of the ladder and face the ladder while climbing up/down.



Basic Principles of Safely Using Step Ladders

1. **DO NOT** step on the top of the ladder (top cap) or on the step below the top cap.
2. **DO NOT** place planks on the top cap.
3. **DO NOT** use the X-bracing on the rear section of a stepladder for climbing.
4. Make sure the stepladder is properly set up and that the spreader is locked in place before use.
5. **DO NOT** use the stepladder as a lean-to ladder.