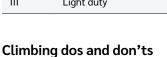


Step up safely: Your stepladder checklist

Choose the right ladder

- Match the height: You can safely reach about 4 feet higher than the ladder's height (e.g., a 4-foot ladder reaches an 8-foot ceiling)
- Near electricity? Use a wood or fiberglass ladder
- Account for weight: Consider your weight plus tools and materials when selecting the appropriate ladder

Туре	Duty rating	Use	Load
IAA	Special duty	Rugged	375 lbs.
IA	Extra heavy duty	Industrial	300 lbs.
1	Heavy duty	Industrial	250 lbs.
II	Medium duty	Commercial	225 lbs.
Ш	Light duty	Household	200 lbs.



- · Stay off the top two steps
- Face the ladder while climbing up or down
- Keep hands free: Use a toolbelt for materials
- Maintain three points of contact (two hands and one foot or two feet and one hand)

Setup and stability

- Level ground is key: Place the base on stable, even ground
- Open the legs fully and lock the spreaders
- Lock or barricade doors nearby to avoid interruptions
- Keep your hips centered within the rails—don't overreach



Clean and safe

- Ladders with non-slip feet are a must
- Keep the treads clean and dry for a solid grip

A little extra caution goes a long way—follow these steps to climb confidently and stay safe!

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