

# 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

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



## Climbing dos and don'ts

- **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!