

**Our associates will ensure the tool works properly before you leave the store. If you experience issues with the tool while completing your project, simply bring it back to the Tool Rental Center to get a replacement. If you purchase Damage Protection at the time of your rental, you are not responsible for repair costs for tools that break due to normal use.**



Ladder Reach Guide  
[CLICK LINK ↑](#)

# LADDER INSTRUCTION GUIDE

## C

### CHOOSE THE RIGHT LADDER FOR THE JOB

Choose the correct type of ladder, material, and duty rating for the job. Stepladders are for out of reach jobs while extension ladders are for higher elevations. Never use an aluminum ladder with electricity. The weight of the user plus any tools and equipment must not exceed the ladder's load capacity.

## L

### LOOK FOR DAMAGED OR MISSING PARTS

Always check for damage before using any ladder. Do not use a damaged ladder. Conduct your inspection before you leave for the job site.

## I

### IMPLEMENT A SAFE STEP UP ROUTINE

A major cause of falls from ladders is improper set-up. Many accidents can be avoided with common sense and good work practices. Using proper set-up techniques will give your ladder maximum stability and help ensure your safety.

## M

### MOVE SAFELY, USING 3 POINTS OF CONTACT

**W**ear clean, slip resistant shoes. **K**eep your hands free while climbing. **A**lways face the ladder as you climb. **C**limb slowly and surely.

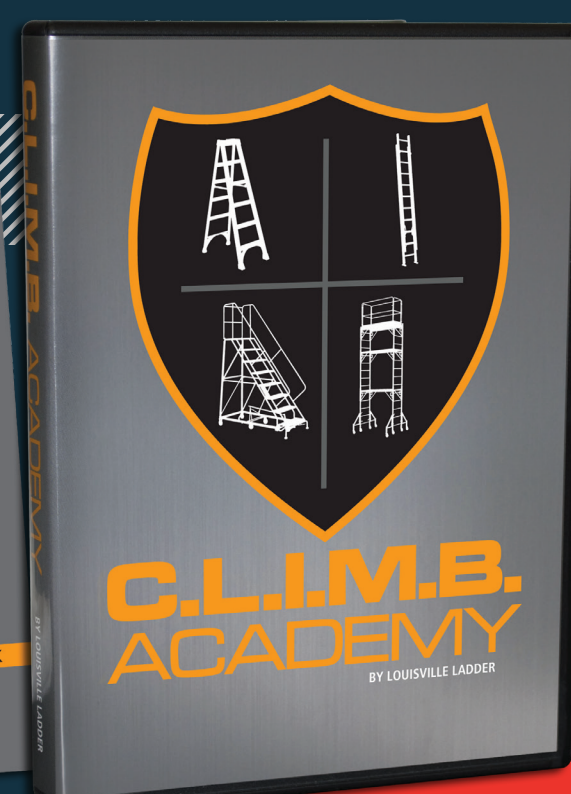
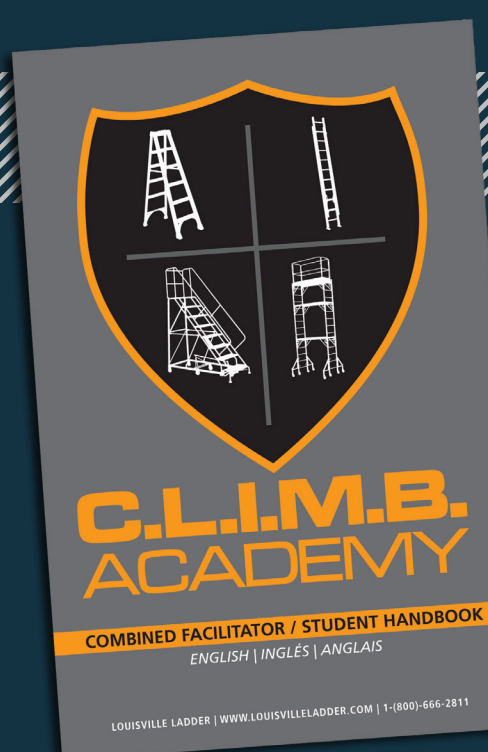
## B

### BE A SAFETY EXPERT - NOT A STATISTIC

If you have any questions or comments, please contact Louisville Ladder at 1-800-666-2811.

## TRAINING

Available through Louisville Ladder.  
Get Certified to C.L.I.M.B.



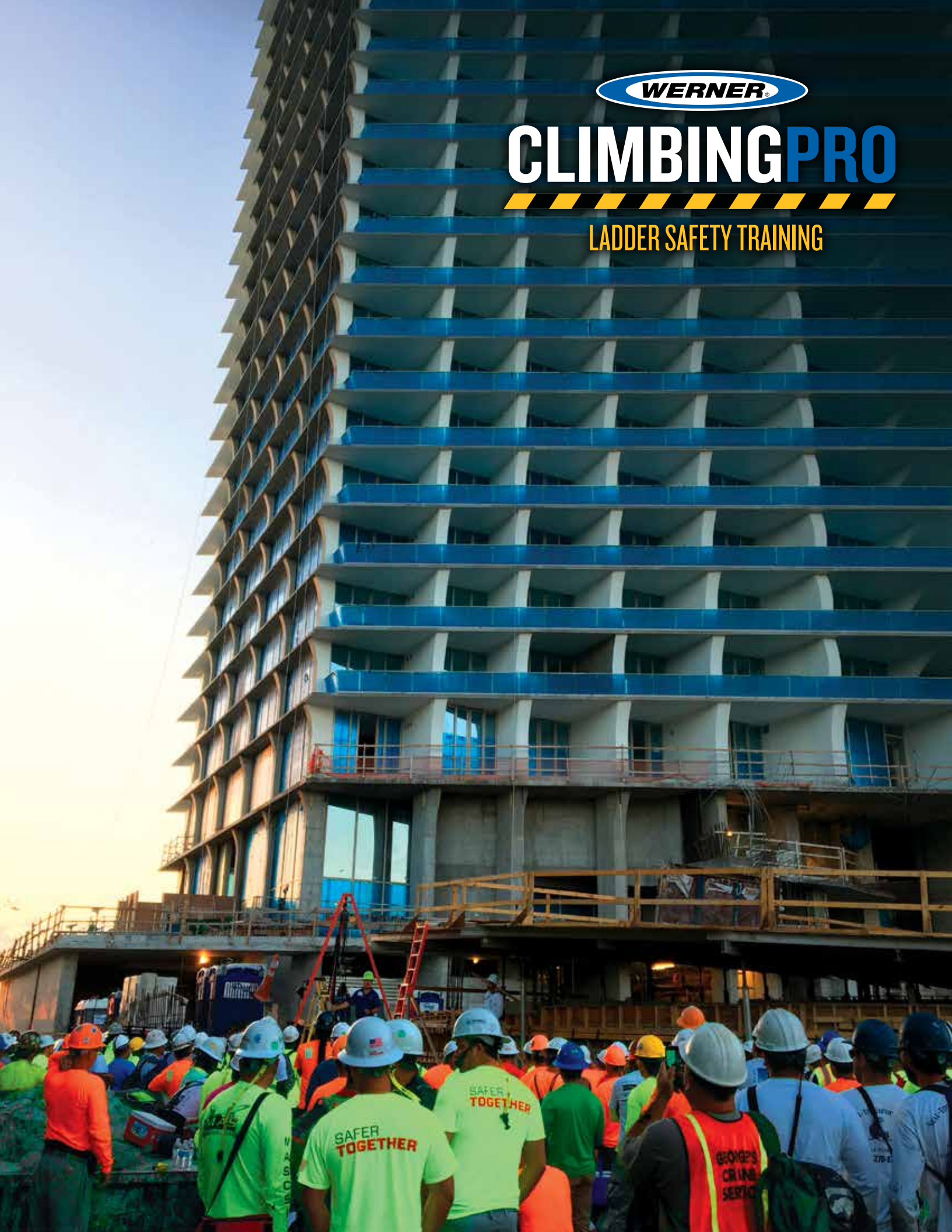
  
**LOUISVILLE**  
LADDER  
BECAUSE WORK AIN'T PLAY.



# CLIMBINGPRO



LADDER SAFETY TRAINING



# INTRODUCTION



## WELCOME TO THE WERNER CLIMBING PRO™ SAFETY TRAINING

This program is about ladder safety. The two principal causes of ladder related injuries are using the wrong ladder for the job and misusing or abusing climbing equipment.

Our goals are very simple: We want to help you better understand how to choose the right ladder for the job and learn how to use ladders more safely.

Your work will be easier and more productive too. Ladder related injuries are preventable, but it takes “you” to prevent them.

If you have product or safety questions, please ask your Werner Ladder Distributor or call the Werner Customer Service Department at 1-888-523-3371 for assistance.

LADDER SAFETY PROGRAM GUIDE .....	4-5
LADDER STYLES .....	6-7
CHOOSING THE RIGHT LADDER FOR THE JOB .....	8
SIZE .....	8
DUTY RATING.....	9
MATERIAL.....	10
LADDER INSTRUCTION LABELS .....	11-12
PROPER HANDLING .....	13
SETUP AND USE .....	14-15
SAFE CLIMBING HABITS - RIGHT WAY / WRONG WAY .....	16-18
STEPLADDERS.....	19
EXTENSION LADDERS.....	21-26
CARE AND MAINTENANCE.....	27
LADDER COMPONENTS .....	28-29
LADDER INSPECTION .....	30-34
FREQUENTLY ASKED QUESTIONS .....	35
KNOWLEDGE CHECK.....	36
WERNER CO. BRAND PORTFOLIO.....	39



The Werner Climbing PRO™ Training Program is not intended to be a complete ladder safety training program. It is designed to provide a general overview of basic Werner ladder safety through ladder selection and illustrated safety tips.

Numerous federal, state, local, OSHA and industry regulations apply to ladders. It is your responsibility to be aware of and to comply with these rules and regulations. OSHA regulations mandate that employers provide training regarding the proper use of ladders. For further information, contact your local OSHA office.



Werner ladders are manufactured and tested to the strictest quality standards. All Werner ladders meet or exceed American National Standards Institute (ANSI) and Occupational Safety and Health Administration (OSHA) requirements, where applicable.



**OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION CODE**

All Type II, I, IA and IAA fiberglass, aluminum and wood ladders, ladder jacks and extension planks meet or exceed code. OSHA CODE applies to ladders used in the workplace. Werner Co. recommends Type II or heavier duty rated ladders for these applications.



**AMERICAN NATIONAL STANDARDS INSTITUTE PRODUCT LINES MEET OR EXCEED ANSI CODE**

Fiberglass Ladders.....	A14.5 (2017)
Aluminum Ladders.....	A14.2 (2017)
Ladder Jacks.....	A10.8 (2019)
Extension Planks.....	A10.8 (2019)
Scaffolding.....	A10.8 (2019)
Stages.....	A10.8 (2019)
Work Platforms.....	A10.8 (2019)
Attic Ladders.....	A14.9 (2019)
Ladder Accessories.....	A14.8 (2013)
Step Stools.....	A14.11 (2018)



# LADDER SAFETY PROGRAM GUIDE

## RECOMMENDED TRAINING PROGRAM STRUCTURE

### I Advance Preparation

This ladder training consists of:

1. LADDER SAFETY <sup>v3</sup> training manual (1 copy)
2. LADDER SAFETY <sup>v3</sup> training video (English & Spanish)

Prior to conducting your first training session, please review the Video and thoroughly study the training manual. As you view the Video and read the manual, think about the questions that might arise.

Werner products, if available should be taken from customer's existing inventory for demonstration purposes:

1. Stepladder (1)
2. Extension ladder (1)
3. Podium ladder (1)
4. Twin Stepladder (1)
5. Leansafe ladder (1)

### II Conducting the Training Course

- A. Introduce the program by reviewing the benefits, then discuss the two leading causes of ladder related injuries: (5 minutes)
  - a. Using the wrong ladder for the job
  - b. Misusing or abusing climbing equipment

This program has been established into sections:

- a. "How To Choose" the right ladder for the job
- b. "How to Use" ladders safely

- B. Play the Video (Approximately 20 minutes)

- C "How To Choose" the right ladder

- i. Style

1. Determine if a stepladder, extension ladder or special application ladder is required
2. Review the various designs available and where they can be used:

EXAMPLE:

1. Twin stepladders are used when two people need to work together on the same job
2. Fiberglass tripod ladders are used to work in tight areas, around corners, through studs and uneven ground
3. Leansafe ladders are used to securely lean against a flat wall surface, wall corner, pole, wall stud and perform as a standard stepladder.

- ii. Select Height (Size)

1. Choose the right stepladder, extension ladder or specialty ladder height
2. Discuss the highest standing level or length
3. Refer to chart located on page 8

## II Conducting the Training Course (continued)

### iii. Select Performance (Duty Rating)

#### 1. Review the different duty ratings and what they mean

- a. Duty rating is the total weight the ladder is designed to support (Total weight is the sum of a person's weight plus the weight of any tools, clothing and materials.); this total weight must not exceed the duty rating.

### iv. Select Material

#### 1. Discuss the various materials used in the fabrication of ladders and their unique advantages

##### a. Fiberglass:

- i. 7-layer construction
- ii. For use around electricity
- iii. Durable and corrosion resistant
- iv. Pro-preferred

##### b. Aluminum

- i. Lightweight
- ii. Not for use around electricity
- iii. Durable and Corrosion resistant

### D. "How to use a ladder"

#### a. Reading instruction labels

- i. Discuss general information on labels and show the label order form

#### b. Proper handling

#### c. Setup and use

#### d. Safe Climbing Habits - Right Way

#### e. Safe Climbing Habits - Wrong Way

#### f. Care and Maintenance

- i. Plan and implement regular maintenance program

- ii. Keep ladder clean

- iii. Replace worn or damaged parts or ladders; "If in doubt, tag it out of service."

- iv. Important: Discuss the availability of replacements parts. Only Werner replacements parts should be used on Werner ladders.

#### g. Ladder Inspection

- i. Procedure for examining a ladder prior to climbing

- ii. Know the various components of the ladder

- iii. Show different ladder inspection forms



**DOWNLOAD LADDER  
SAFETY TRAINING**

# LADDER STYLES

## KNOW THE DIFFERENCE

Some workers might not realize the differences from one ladder to the next and they think a ladder is a ladder WRONG! Having the right ladder for the job is the safest way to complete any task. Using the wrong ladder is extremely dangerous, as it often leads to ladder misuse or abuse, and can result in serious injury or even death.



### 6200 STEPLADDER

- Used for applications at low or medium heights.
- Ladder tops and pail shelves can hold tools, small parts and paint buckets.



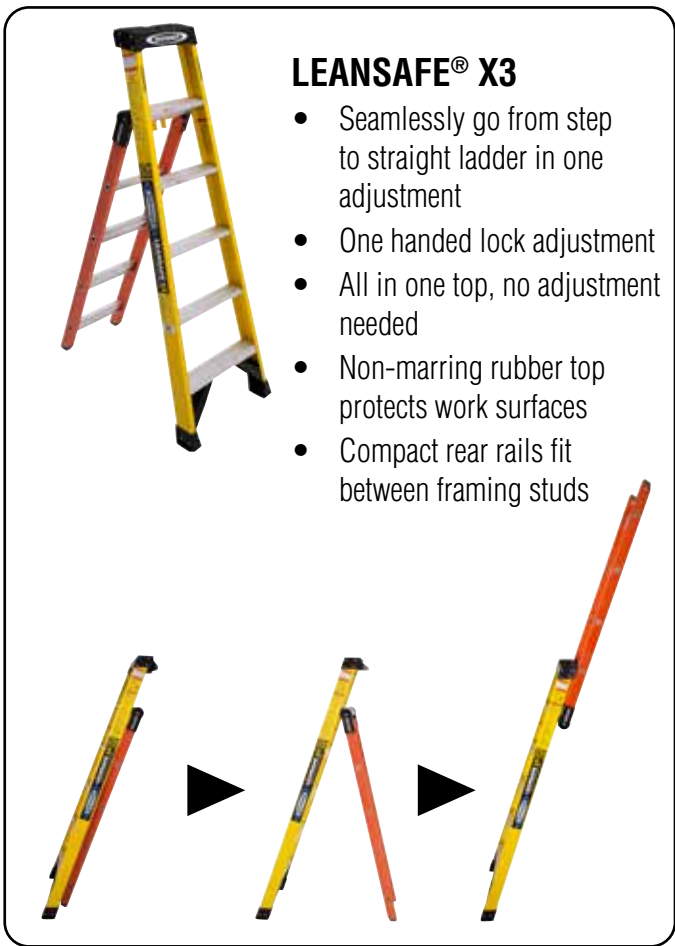
### PODIUM

- 4X Work Zone to reach all directions
- Extra-large platform for long standing comfort
- LOCKTOP™ extended guardrail



### LEANSAFE™

- Securely leans against walls, poles, corners, and wall studs.
- Ladder top has non-marring rubber bumper and holds tools to increase productivity.
- Color and branding differentiates LEANSAFE™ from standard stepladders.



### LEANSAFE® X3

- Seamlessly go from step to straight ladder in one adjustment
- One handed lock adjustment
- All in one top, no adjustment needed
- Non-marring rubber top protects work surfaces
- Compact rear rails fit between framing studs



### TRIPOD

- Enhance stability on uneven surfaces
- Back rail fits easily into tight corners and other confined spaces.



### TWIN STEP

- Ideal for many painting, framing, siding and other construction applications.
- Steps on both sides for two-way access
- Two people can work on a task from one ladder.



### EXTENSION LADDER

- Work in an extremely wide range of tasks at varying elevations
- Exclusive ALFLO® rung joint means TWIST-PROOF® performance



### TRESTLE

- Adjustable center trestle system. Often used in pairs with either a 12" or 14" wide stage or plank at fixed heights.
- The center section can be extended to approximately 20' on the 12' model.



### SECTIONAL LADDER

- Designed for use mainly by electrical, telephone, and cable utilities.
- Provides versatility where transit, storage or access requires short sections to be coupled together.



### STRAIGHT LADDER

- Provide easy access to mid-range heights
- Single one-section non-extendable

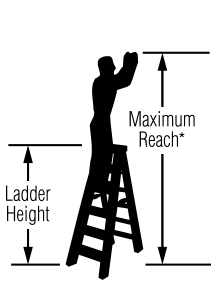


### ACCESSORIES

- Create climbing equipment systems with extension ladders, ladder jacks and aluminum stages.
- Great for working side to side.

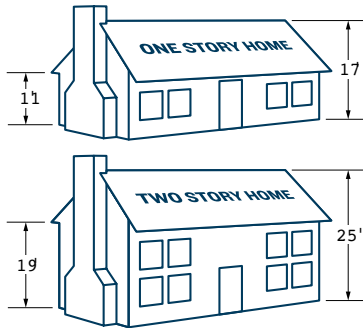
# CHOOSING THE RIGHT LADDER FOR THE JOB

## STEP 1 SELECT HEIGHT (SIZE)



STEPLADDERS	
Ladder Height	Maximum Reach*
4'	8'
6'	10'
7'	11'
8'	12'
10'	14'
12'	16'
14'	18'
16'	20'

### Average Heights

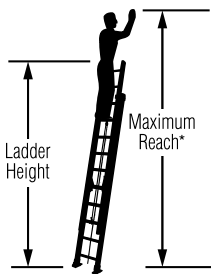


\*Assumes a 5'6" person with a vertical 12" reach.

## STEPLADDERS

To ensure you choose the ladder best suited to your needs, follow the Werner height safety charts.

The highest permitted standing level on a step ladder is two steps down from the top. A person standing higher may lose their balance and fall. A person's maximum safe reaching height is approximately 4' higher than the height of the ladder. For example, a typical person can safely reach an 8' ceiling on a 4' ladder\*.

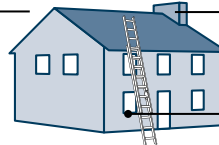


EXTENSION LADDERS		
Ladder Height	Maximum Reach*	Height To Gutter or Top Support Point††
16'	15'	9' max.
20'	19'	9' to 13'
24'	23'	13' to 17'
28'	27'	17' to 21'
32'	31'	21' to 25'
36'	34'	25' to 28'
40'	37'	28' to 31'

†† Support points for extension ladders reflect section overlap, ladder angle, or 3' extension above roof line.



### Support Points



## EXTENSION LADDERS

Extension ladders should be 7 to 10 feet longer than the highest support or contact point, which may be the wall or roof line. This will allow enough length for proper setup, the overlap of ladder sections, height restrictions of the highest standing level, and where appropriate, the extension of the ladder above the roof line. The highest standing level is four rungs down from the top.

STEP **2** **SELECT PERFORMANCE (DUTY RATING)**



**200-225lb**  
 LOAD CAPACITY  
 TYPE III - TYPE II

**LIGHT DUTY - BASIC DESIGNS**



**250lb**  
 LOAD CAPACITY  
 TYPE I

**MEDIUM DUTY - LIGHTWEIGHT DESIGNS**



**300lb**  
 LOAD CAPACITY  
 TYPE IA

**HEAVY DUTY - RUGGED & DURABLE**



**375lb**  
 LOAD CAPACITY  
 TYPE IAA

**COMMERCIAL GRADE - MOST DURABLE**

Ladders are designed and constructed to safely hold up to a specific amount of weight. Werner ladders come in different Duty Ratings, identified by their grade and type.

The Duty Rating, is defined as the maximum safe load capacity of the ladder. A person's fully clothed weight plus the weight of any tools and materials that are carried onto the ladder must be less than the duty rating.

Workers should be advised to consider both the weight, which will be on the ladder and the work application, and to select the proper grade of ladder, which is designed to handle anticipated usage.

**APPROXIMATE MATERIAL WEIGHTS**

Bundle of Shingles	70lbs
5 gallons roof coating	70lbs
5 gallons paint	60lbs
Tool box with tools	35lbs
Portable sprayer	20lbs
Ceiling fan	30lbs
3x4 window	80lbs
Garage door opener	40lbs
Basketball hoop	60lbs
Sheet of plywood	80lbs
(3) 4x4's	80lbs

# LADDER INSTRUCTION LABELS

## STEP 3 SELECT MATERIAL



NON CONDUCTIVE FOR WORKING  
NEAR ELECTRICITY



WON'T DENT, SHATTER, RUST  
OR CORRODE



DESIGNED AND TESTED FOR  
EXTREME TEMPERATURES



HIGH VISIBILITY COLOR

Most fiberglass ladders used by Pros are orange and yellow. Make sure to check the I.D. label to confirm the duty rating of your ladder.



NOT FOR USE  
NEAR ELECTRICITY



WON'T DENT, SHATTER, RUST  
OR CORRODE



DESIGNED AND TESTED FOR  
EXTREME TEMPERATURES

## LADDER IDENTIFICATION LABELS

I.D. labels provide important information regarding each ladder's Model Number, Type, Duty Rating, Size, and Highest Standing Level.

### Step ladder I.D. Label

**PROFESSIONAL PERFORMANCE**  
Type IA  
**300lb** MAX. LOAD CAPACITY  
Ladder Size: **6ft** (1.83m)  
Maximum Reach: **10ft** (3.05m)  
Highest Standing Level: **3ft 10in** (1.17m)  
Model Number: **376** (M32)

### Extension Ladder I.D. Label

**INDUSTRIAL PERFORMANCE**  
Type IAA  
**375lb** MAX. LOAD CAPACITY  
Ladder Size: **6ft** (1.83m)  
Maximum Reach: **10ft** (3.05m)  
Highest Standing Level: **3ft 10in** (1.17m)  
Model Number: **7306** (M4)

**PERFORMANCE**

**LOAD CAPACITY**

**DUTY RATING**

**LADDER SIZE**

**MAXIMUM REACH**

**HIGHEST STANDING LEVEL**  
is the maximum safe working height

- Stepladders: 2<sup>nd</sup> step down from the top
- Extension ladders: 4<sup>th</sup> rung down from the top

**MODEL (ID) NUMBER**

**UPC CODE**

**Orange Label For Type IA Extra Heavy Duty**

**Gold Label For Type IAA Special Duty**

Combined weight of user and material should not exceed duty rating

### APPROXIMATE MATERIAL WEIGHTS

Bundle of shingles	70 lbs.
5 gallon roof coating	70 lbs.
5 gallons paint	60 lbs.
Tool box with tools	35 lbs.
Portable sprayer	20 lbs.
Ceiling fan	30 lbs.
3 x 4 window	80 lbs.
Garage door opener	40 lbs.
Basketball hoop	60 lbs.
Sheet of plywood	80 lbs.
(3) 4 x 4's	80 lbs.

**Think Safety! Read Labels Before Climbing.**

- Ladder Inspection
- Proper Set-up and Use
- Proper Care and Storage

## SAFETY INSTRUCTIONS FOR STEP & EXTENSION LADDERS

Safety instruction labels contain information regarding the inspection, setup and use, and care and storage of ladders.



**Step & Extension Ladder Safety Instructions**

## EXTENSION LADDER SETUP

This label provides safety instructions to properly set-up an extension ladder and check that it is at a 75-1/2° angle.



**Extension Ladder Set-Up Label**

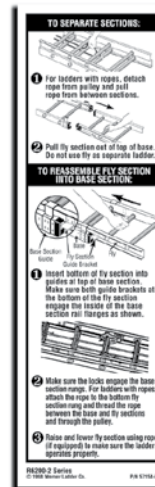
## SEPARATING EXTENSION LADDER SECTIONS

Certain extension ladders may be separated and the base and fly sections used independently.



Instructions may vary by model.

On most models, the fly section must not be used as a single ladder. Refer to labels on ladder.



**Extension Ladder Separation Instructions for Fly & Base Sections**

**For Your Customer's Safety:**

Werner offers replacement safety instruction labels.

# LADDER REPLACEMENT LABEL KITS

For a complete set of labels, you must order 1 model number from each category.

**LOAD CAPACITY**

# 375 lbs.

*Includes User and Materials*

**CAPACIDAD DE CARGA**

# 170 kg

*Incluye el Usuario y los Materiales*

Type IAA  
Tipo IAA





Rev B 10/10  
© 2010 Werner Co. P/N 100195-09

Category 1	Duty Rating Label ONLY
LDR200	200# Rated Duty Rating Sticker for all Ladders except Twin Stepladders
LDR225	225# Rated Duty Rating Sticker for all Ladders except Twin Stepladders
LDR250	250# Rated Duty Rating Sticker for all Ladders except Twin Stepladders
LDR300	300# Rated Duty Rating Sticker for all Ladders except Twin Stepladders
LDR300-100	300# Duty Rating Label 100 pcs
LDR375	375# Rated Duty Rating Sticker for all Ladders except Twin Stepladders
LDR375-100	375# Duty Rating Label 100 pcs
LDRT250	250# Rated Duty Rating Sticker for all Twin Stepladders
LDRT300	300# Rated Duty Rating Sticker for all Twin Stepladders
LDRT375	375# Rated Duty Rating Sticker for all Twin Stepladders

Category 2	Includes Safety, Hazard, and Instruction Labels
LFS100	For all Fiberglass Steps, Platforms, Twins, Twin Platforms, Tripod Stepladder, and Podiums
LPFS100-100*	FRP Step Ladder Label Replacement Kit 100 pcs
LAS100	For all Aluminum Steps, Platforms, Twins, Twin Platforms, and Podiums
LFE100	For all Fiberglass Extensions
LPFE100-100*	FRP Extension Ladder Label Replacement Kit 100 pcs
LAE100	For all Aluminum Extensions
LMT100	For all MT Ladders
LFC100	For Fiberglass Combination Ladders
LFL100	For Leaning Ladders
LFM100	Safety Labels-M7100-1 Manhole Ladder
LPL100	For Straight and Tapered Posting Ladders
LET100	For Extension Trestle Ladders
LFPS100	Safety Labels-S7700 Parallel Sectional Ladder



**PRECAUCIÓN CAUTION**

COLOCAR APROPIADAMENTE LA ESCALERA PARA REDUCIR LOS PELIGROS DE RESBALAMIENTO Y SOBRECARGA. SIGA ESTAS INSTRUCCIONES.

SET UP LADDER PROPERLY TO REDUCE SLIP AND OVERLOAD HAZARDS. FOLLOW THESE INSTRUCTIONS.



1. COLOCAR LAS PUNTA DE LOS PIES CONTRA LA PARTE INFERIOR DE LOS RIELES LATERALES DE LA ESCALERA.
2. PONTE DERECHO.
3. EXTENDER LOS BRAZOS EN LÍNEA RECTA HACIA EL FRENTE.
4. LAS PALMAS DE LAS MANOS DEBEN TOCAR LA PARTE SUPERIOR DEL PELDAÑO AL NIVEL DEL HOMBRO.

1. PLACE TOES AGAINST BOTTOM OF LADDER SIDE RAILS.
2. STAND ERECT.
3. EXTEND ARMS STRAIGHT OUT.
4. PALMS OF HANDS SHOULD TOUCH TOP OF RAILS AT SHOULDER LEVEL.

NO SE EXTIENDA MÁS ALLA DE SU ALCANCE, MANTÉNLA EL CIERPO CENTRADO ENTRE LOS RIELES LATERALES.

DO NOT OVERREACH. KEEP BODY CENTERED BETWEEN SIDE RAILS.

EXTIENDA LA ESCALERA 3 PIES SOBRE EL TECHO PARA TENER FUEGO.


EXTEND LADDER THREE FEET ABOVE ROOF FOR ACCESS.

P/N 100195-03 Rev. 11/12/17

**CAUTION PRECAUCIÓN**

SET UP LADDER PROPERLY TO REDUCE SLIP AND OVERLOAD HAZARDS. FOLLOW THESE INSTRUCTIONS.

COLOCAR APROPIADAMENTE LA ESCALERA PARA REDUCIR LOS PELIGROS DE RESBALAMIENTO Y SOBRECARGA. SIGA ESTAS INSTRUCCIONES.



1. PLACE TOES AGAINST BOTTOM OF LADDER SIDE RAILS.
2. STAND ERECT.
3. EXTEND ARMS STRAIGHT OUT.
4. PALMS OF HANDS SHOULD TOUCH TOP OF RAILS AT SHOULDER LEVEL.

1. COLOCAR LAS PUNTA DE LOS PIES CONTRA LA PARTE INFERIOR DE LOS RIELES LATERALES DE LA ESCALERA.
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NO SE EXTIENDA MÁS ALLA DE SU ALCANCE, MANTÉNLA ENTRE LOS RIELES LATERALES. EXTIENDA LA ESCALERA TRES PIES SOBRE EL TECHO PARA TENER FUEGO.

DO NOT OVERREACH. KEEP BODY CENTERED BETWEEN SIDE RAILS. EXTEND LADDER THREE FEET ABOVE ROOF FOR ACCESS.

NO SE EXTIENDA MÁS ALLA DE SU ALCANCE, MANTÉNLA ENTRE LOS RIELES LATERALES. EXTIENDA LA ESCALERA TRES PIES SOBRE EL TECHO PARA TENER FUEGO.

DO NOT OVERREACH. KEEP BODY CENTERED BETWEEN SIDE RAILS. EXTEND LADDER THREE FEET ABOVE ROOF FOR ACCESS.

P/N 100195-01 Rev. C 1/05

**FAILURE TO READ AND FOLLOW INSTRUCTIONS INCLUDING THOSE UNDER THE PLATFORM OR STEP ON THIS PRODUCT, MAY RESULT IN INJURIES OR DEATH.**

**NE PAS LIRE OU SUIVRE LES INSTRUCTIONS, DONT CELES SE TROUVANT SOUS LA PLATEFORME OU LE MARCHÉPIED DE CE PRODUIT, PEUT ENTRAÎNER DES BLESSURES OU LA MORT.**

P/N106020-03 Rev C 8/14

\*When ordering kits of 100 pcs, you will receive a roll of 100 for each label in that kit

**TO PLACE AN ORDER, EMAIL [orders@wernerco.com](mailto:orders@wernerco.com)**

**\*\*Add "HOT" in the subject line for RUSH orders\*\***

# PROPER HANDLING

Users should understand the proper and safe methods to select, transport, erect and secure ladders. Time spent learning how to correctly handle ladders can pay off in greater safety, productivity, and longevity. Different people and applications require different ladders. Remind yourself that safety begins with using the right ladder for the task.

✓ Carry an extension ladder with the center balanced and resting on your shoulder with your arm through the ladder.



✓ For better control, the ladder should be fully closed.

✓ When storing ladders, provide proper support.



✓ Secure the ladder on vehicles before transporting. Improperly securing a ladder can cause damage.



✗ Make sure you don't drop a ladder when loading or unloading it from a vehicle. Be extra careful when moving ladders.

✓ Wear damage caused from transit vibration may weaken a ladder if not properly secured.

✗ Do not drag your ladder.



✓ For longer ladders use two people to make it easier to carry.



# SET UP & USE - THE RIGHT WAY

- ✓ Use fiberglass ladders if there is even a remote possibility of working near electricity or overhead power lines.



- ✓ Fiberglass side rails are electrically non-conductive.

- ✓ Be sure that all ladder feet are on firm, level ground. Solid footing is necessary for safe ladder use.

\* Ladder shoes equipped with spur plates are for use on penetrable surfaces.

\* Werner extension ladder shoes are designed to pivot for use on firm, non-slippery surfaces.



- ✓ Check for and replace frayed or damaged electrical cords.

- ✓ Use double insulated power tools as well as grounded cords and outlets.



- ✓ Be careful if you use a tool belt. Make sure that tools do not catch on the ladder when climbing.



- ✓ Wear shoes that have non-slip soles.

- ✓ Make sure they are free of mud, oil, or anything slippery.



- ✓ Use extra caution in windy weather.

- ✓ Climb a ladder in rain or other severe weather only in emergency situations and with the ladder fully secured.

- ✓ Have another person hold the ladder.



# SET UP & USE - THE WRONG WAY



❌ Never drop or throw ladders, doing so can damage or weaken them and cause serious injury to others.



❌ Never place or use a ladder on slippery surfaces or on uneven ground that may cause an accident.



❌ Never use any ladder that has been exposed to fire, acids, caustics or other strong chemicals. These may damage or weaken the ladder.



❌ Don't move the ladder with materials on it. They may fall and cause damage or an injury.

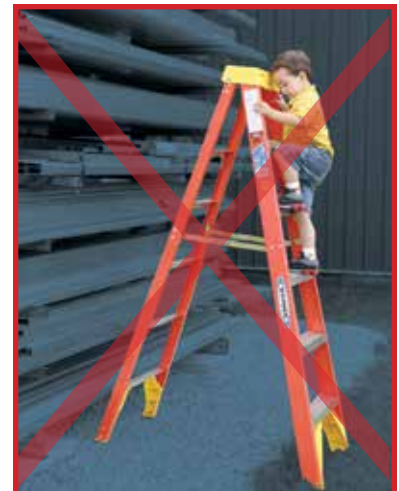


❌ Never position the ladder where it blocks foot traffic, work vehicles, or where it could be bumped by a door.



If it is necessary to use a ladder in front of a door, lock or barricade the door and put up a caution sign.

❌ Never leave a ladder unattended. This may present a hazard to others in the area.



❌ Do not allow children to play or climb on ladders.

# SAFE CLIMBING HABITS - THE RIGHT WAY

Ladders are such common tools that many people assume they know how to climb safely when in fact they may not. Safe and efficient use of ladders is not complicated or difficult, but it does require that users learn and practice proper ladder safety habits. Start by carefully reading and following all instructions.

- ✓ Climb facing the ladder. Center your body between the rails. Maintain a firm grip.



- ✓ Move materials with extreme caution.
- ✓ Be careful pushing or pulling anything while on a ladder. You may lose your balance or tip the ladder.



- ✓ Keep your body centered on the ladder while working.
- ✓ As a general guide, never let your belt buckle pass beyond either ladder rail. Otherwise, you could lose your balance or tip the ladder.



- ✓ Never hurry or skip steps. Always move one step at a time, firmly setting one foot before moving the other.
- ✓ Maintain a firm grip while on the ladder.



- ✓ Get help with a ladder that is too heavy to handle alone.
- ✓ If possible, have another person hold the ladder when you are working on it.



- ✓ Haul materials up on a line rather than carry them up an extension ladder.



# SAFE CLIMBING HABITS - THE WRONG WAY



Never climb a ladder while under the influence of drugs or alcohol or if your mental or physical health is not up to the task; doing so may result in serious injury.



Don't place blocks, bricks or other loose materials under a ladder to adjust for uneven ground.



Never attempt to cut anything on a ladder - only use a properly equipped ladder or a saw horse.



Don't over-reach, lean to one side or stand on one foot. You could lose your balance or tip the ladder.




Never permit more than one person on a single-sided stepladder or on any extension ladder. They are designed to hold only one person at a time.




Don't climb down a ladder with your back to the ladder. You could easily slip or fall.



# SAFE CLIMBING HABITS - THE WRONG WAY


 Don't climb on or off a ladder from the side. You could push the ladder away and fall.




 Never use metal ladders or water logged wood ladders near electrical current or power lines.

\* Metal conducts electricity.




 Don't climb from one ladder to another. You may tip the ladder or slip and fall.



 Don't stand above the highest safe standing level.



 Never try to move a ladder while on it by bouncing or "walking" the ladder. Step down and carry the ladder to the new working position.



# STEPLADDER SAFETY

✓ Fully open the stepladder and firmly lock both spreaders.



✗ Never climb a closed stepladder. It may slip out from under you.



✓ If you need to adjust the ladder throughout the course of the job, you should remove your tools or use a proper accessory to secure them in place.



✗ Never stand or sit on a pail shelf. It is not designed to carry your weight. The pail shelf may break or the ladder could tip.



✓ Werner tops are built to handle a variety of tools for this purpose.



✗ Don't climb on the back of a single sided stepladder. It is not designed to carry a person's weight. Doing so can damage the ladder or result in an injury.

✗ Don't stand or sit on a stepladder top. You could easily lose your balance or tip the ladder. Ladder tops warn users not to stand or sit on them.



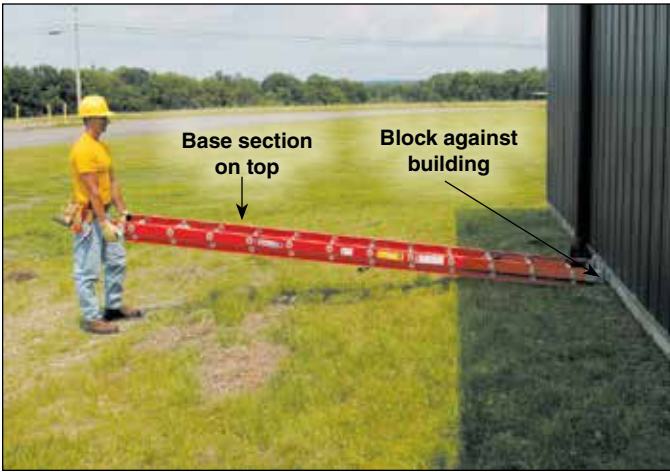
# SAFE CLIMBING HABITS - 3 POINTS OF CONTACT



**ALWAYS MAINTAIN THREE POINTS OF CONTACT  
WHILE USING LADDERS.**

# EXTENSION LADDER SETUP

## Step 1. BLOCK THE FEET:



The ladder should be closed. Position the ladder with the base section on top of the fly section. Block or “foot” the ladder against the base of the building or another secure object.

## Step 2. WALK IT UP:



First check for sufficient overhead clearance and make sure there are no power lines. Carefully erect the ladder by “walking” it up to a vertical position. Be sure the bottom is securely blocked against a fixed object or “footed” by another person.

**NOTE:** While raising an extension ladder, keep knees bent slightly and back straight to avoid lifting injuries.

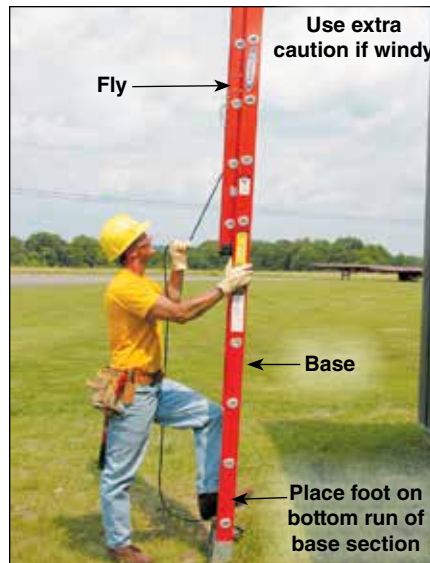
## Step 3. LIFT INTO POSITION:



Move the ladder away from the building so that it can be set at the proper angle. Carefully and firmly grip the ladder before moving – keep it vertical.

Get help with heavier ladders.

## Step 4. RAISE FLY SECTION:



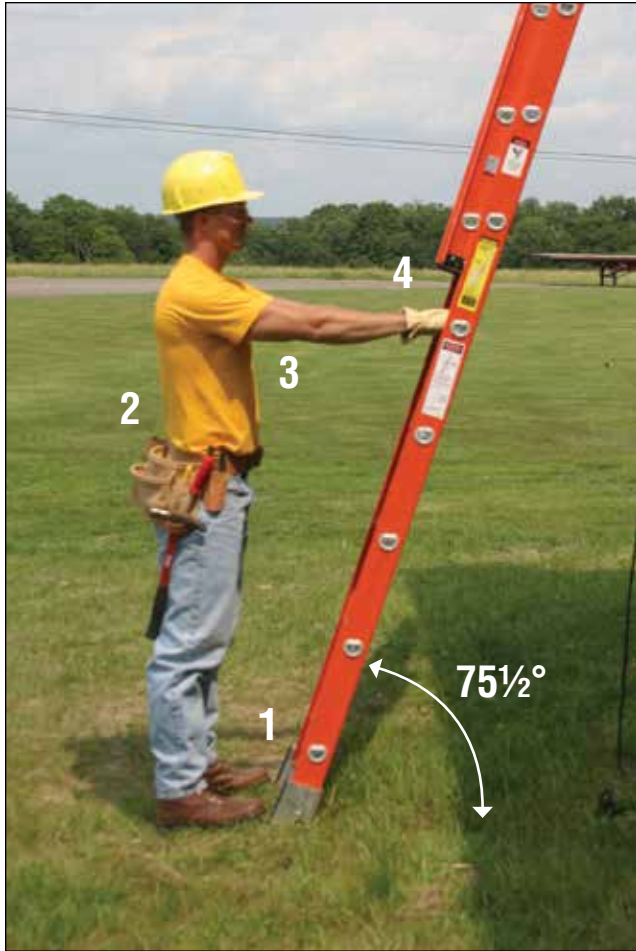
Carefully raise the fly section using the rope and pulley system. After the bottom rung of the fly section clears the bottom rung of the base section, place one foot on the base rung to provide continuous firm footing.

## Step 5. PLACE AGAINST BUILDING



Carefully lean ladder against building at the correct 75-1/2° angle. The base should be 1 foot out for each 4 feet of ladder length to the upper support point. Extend the ladder 3 feet above the roof edge for access. Be sure both end caps or contact points are resting firmly and securely against the building.

# EXTENSION LADDER SETUP



## ALWAYS CHECK FOR THE CORRECT ANGLE:

To ensure that the ladder is at the correct angle:

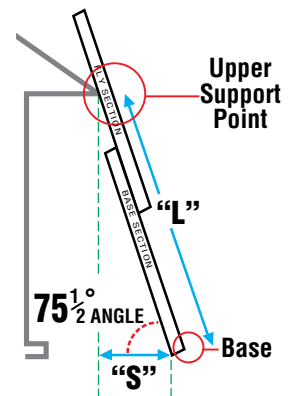
1. Place your toes against the bottom of the ladder side rails.
2. Stand erect.
3. Extend your arms straight out.
4. The palms of your hands should touch the top of the rung at shoulder level.

**The four-to-one ladder length to set-back relationship creates the safest ladder use angle. Ladders placed either too close or too far may tip over at the top or slip out at the bottom.**



Place an extension ladder at a 75-1/2° angle. The set-back ("S") needs to be 1 foot away from the building for each 4 feet of length ("L") to the upper support point.

Ladder Length to Support Point "L"	Set-Back Between Support Point & Ladder Base "S"
12'	3'
16'	4'
20'	5'
24'	6'
28'	7'
32'	8'



**\*NOTE:** For a quick estimate, count the rungs. They are spaced 12" apart.

# EXTENSION LADDER SETUP TIPS

Extension ladders are typically large and bulky. The following tips should help users set them up safely against a house or similar building.

## “BLOCK” OR “FOOT” THE LADDER ONE OF 2 WAYS:



### **One person:**

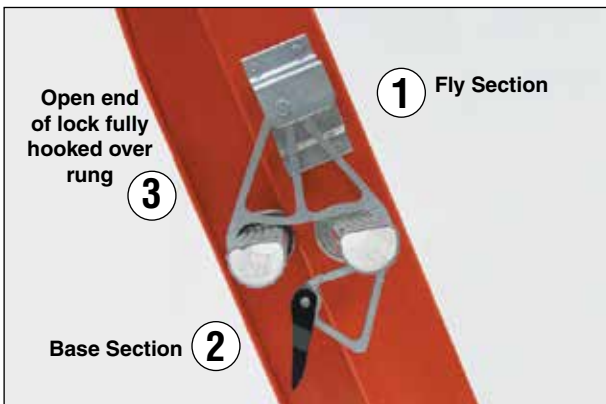
Place the ladder flat on the ground with the bottom blocked against a building or other securely fixed object. By “blocking” the ladder against a fixed object, you inhibit the bottom from sliding out.



### **Two people:**

If a fixed object is not in close proximity, have another person “foot” the ladder by securely standing with one foot on the bottom rung of the ladder. As you lift the ladder, he/she can keep the bottom from sliding out and help guide it up.

## ALWAYS CHECK LOCKS:



Always be sure that the locks are fully engaged and the fly is in front of the base before climbing.

1. Fly Section
2. Base Section
3. Lock

### **LOCKED:**

Examine both locks to be sure that the open end is fully hooked and seated over the rung.

## ALWAYS CHECK SHOES:

Make sure both feet are on firm, level and non-slippery surfaces.



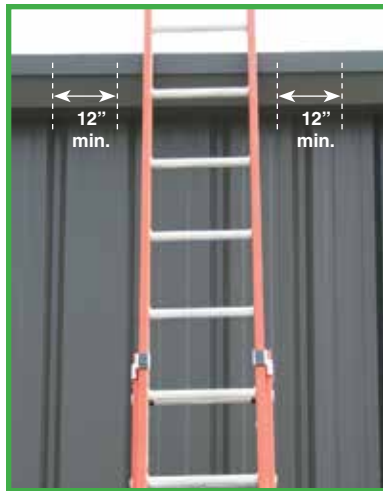
For proper use of spur plate, position the safety shoe with the rubber foot pad toward user when climbing ladder.

Use spur plate on penetrable surfaces.



# EXTENSION LADDER SAFETY - THE RIGHT WAY

- ✓ Place the ladder top so both rails are fully supported. The support area should be at least 12" wide on both sides of the ladder.



- ✓ Stake or tie-down the top and bottom of an extension ladder whenever possible to prevent outward slipping.



- ✓ Properly use spur plates on penetrable surfaces.

- ✓ Tie-off an extension ladder to roof or firm gutter supports whenever possible to prevent slipping.



- ✓ Check for overhead clearance and ensure there are no live electrical wires nearby before extending the ladder.



- ✓ Raise an extension ladder only while standing on the ground. Place one foot on the bottom rung of the base section to help secure the ladder.

- ✓ Use the rope and pulley to raise the fly section.



**LADDER SAFETY  
TRAINING VIDEO**

# EXTENSION LADDER SAFETY - THE WRONG WAY

❌ Don't tie two ladders together to make a longer section. You can exceed the load capacity of the ladders or they may come apart.



❌ Never carry an extension ladder in the unlocked or extended position.



❌ Never set up or use an extension ladder or an individual extension ladder section upside down or backwards. The fly section must be nearest climber.



❌ Don't use an extension ladder as a lever, brace, support or hoist. This can damage the ladder.

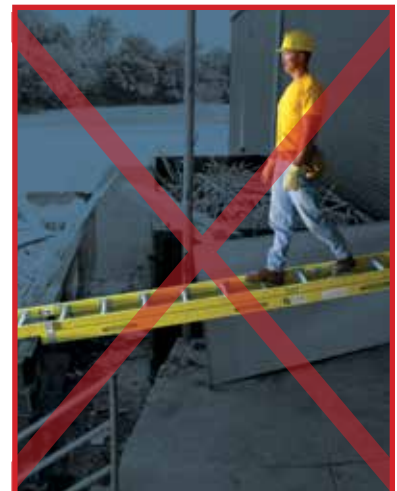


❌ Don't place the base of an extension ladder too close to the building as it may tip over backward.



❌ Don't place the base of an extension ladder too far away from its vertical support point, as it may slip out at the bottom. Follow instructions for proper set-up of ladder at correct 75-1/2° working angle.

❌ Don't use an extension ladder in the horizontal (flat) position. You may damage the ladder as it is not designed to support people or materials this way. You may also lose your balance and fall.



# UTILITY LADDER ACCESSORIES

Cable, communications, and utility workers often require the use of specialty fiberglass extension ladders and accessories for working around poles. Werner offers a broad line of specialty accessories designed for either field or factory installation. These accessories are only for personnel specifically trained for their use.

**NOTE:** Specific accessory models may vary by ladder.



## 71 PADDED FIXED V-RUNG

- Slip-resistant rubber grip attached to steel V-rung for leaning ladder against wood, metal, or concrete poles.
- Werner's adjustable pole strap or Ladder-Cinch™ should be used in conjunction with a V-rung.



## 72 ADJUSTABLE POLE STRAP

- Nylon strap fits circumference of most poles.
- Slip-resistant rubber grip stitched to strap reduces ladder movement on the pole.



## 74 CABLE HOOKS

- Help to prevent ladder from slipping when it is leaned against a cable or strand.
- Fold easily within ladder rails after use for convenient storage.



## 81 ADJUSTABLE POLE LASH

- Designed for all diameter poles, secures the top of a ladder tightly against the pole.



## 92 CABLE HOOK AND V-RUNG ASSEMBLY

- Cable hook and V-rung combination replaces the top rung.
- May be used on strands or to lean against poles less than 10" diameter at contact point.
- Use in conjunction with adjustable pole strap or Ladder-Cinch™.



## 94 LADDER-CINCH™

- Helps keep extension ladders from sliding away from or rotating around utility poles.
- Can also be used as a quick tie down.
- Designed for all diameter poles.



## PK70 LEVELOK® LEVELER

- Provides up to 10" of automatic leveling of straight and extension ladders.
- Ideal for most steps or uneven ground.
- Attaches to ladder side rail with bolts and lock nuts.
- Available with swivel shoes.



All good tools require a certain amount of care and maintenance. By practicing basic maintenance, customers can keep ladders in proper working order and extend their useful life.

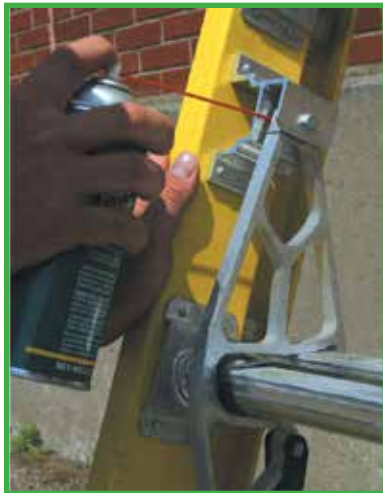
- ✓ Promptly clean spills or drips from the ladder. Keep the ladder free from oil, paint or other slippery materials.



- ✓ Routinely inspect and properly replace damaged or worn components and labels according to manufacturer's instructions. Use only Werner Co. authorized replacement parts.
- ✓ Please refer to Werner's Full Line Product Catalog (C-100) for more information.



- ✓ Keep ladders in good condition. Clean and lightly lubricate moving parts such as spreader bars, hinges, locks and pulleys.



- ✓ Always inspect the rails of fiberglass ladders for weathering, cracks or splitting.
- ✓ Keep the ladder protected from heat, weather, and corrosive materials.



## SAFETY NOTE

The Werner ClimbingPRO™ Training Program is intended to provide certain general safety guidelines and instructions for the proper selection and use of climbing equipment. It is not intended to be all-inclusive, nor contain complete instructions or warnings.

Werner will not be responsible for any misinterpretation or failure to review and follow regulations, instructions and warnings. Common sense still prevails. A ladder user is responsible for his or her own actions.

Although Werner Co. has attempted to provide current information, ANSI, OSHA, and other regulations, and product features change periodically.

Thoroughly review the appropriate regulations and ladder labels for additional cautions and for more specific warnings and instructions concerning the actual ladder being used.

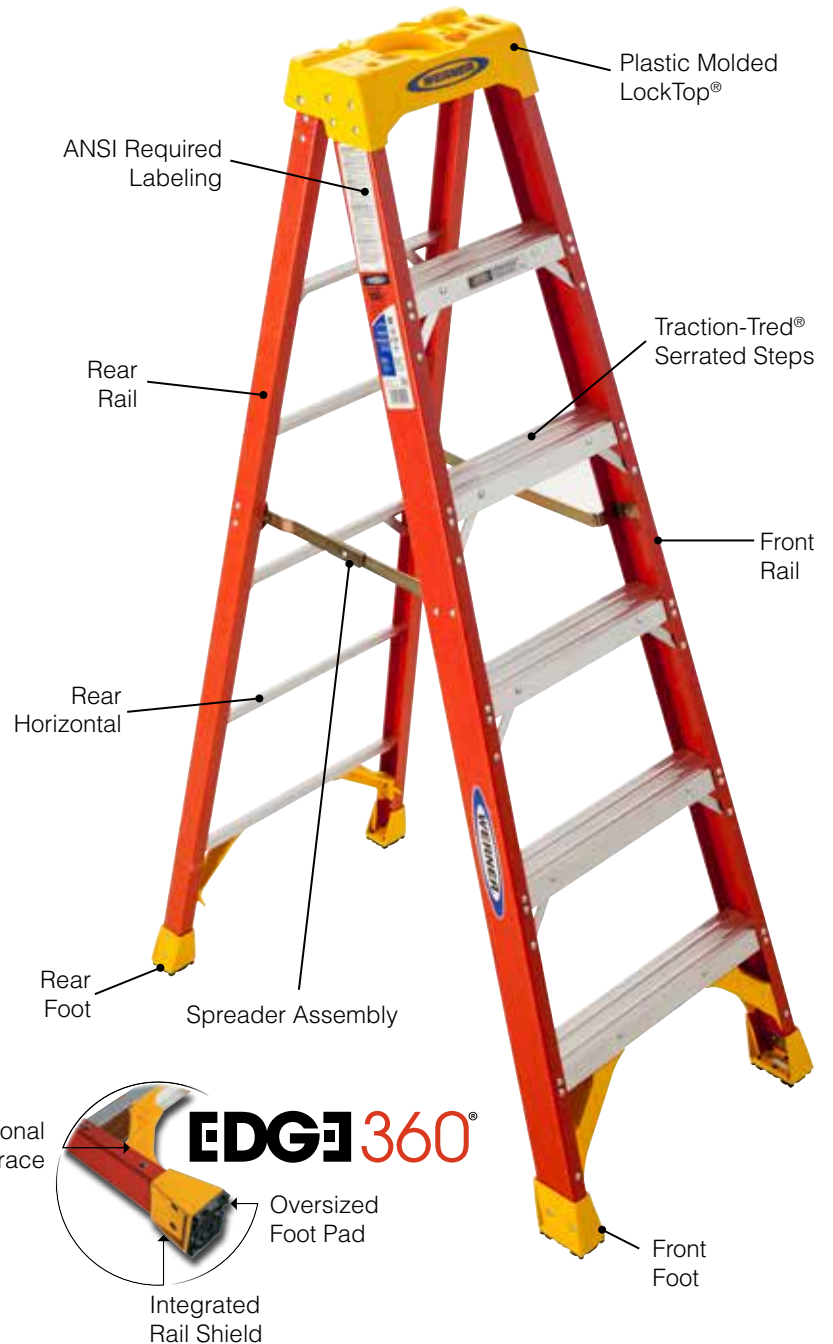
Check with Werner Co. or refer to appropriate ANSI A14 Standards for additional ladder guidelines. The information included in this publication applies only to Werner products.

# STEPLADDER COMPONENTS



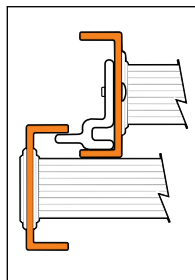
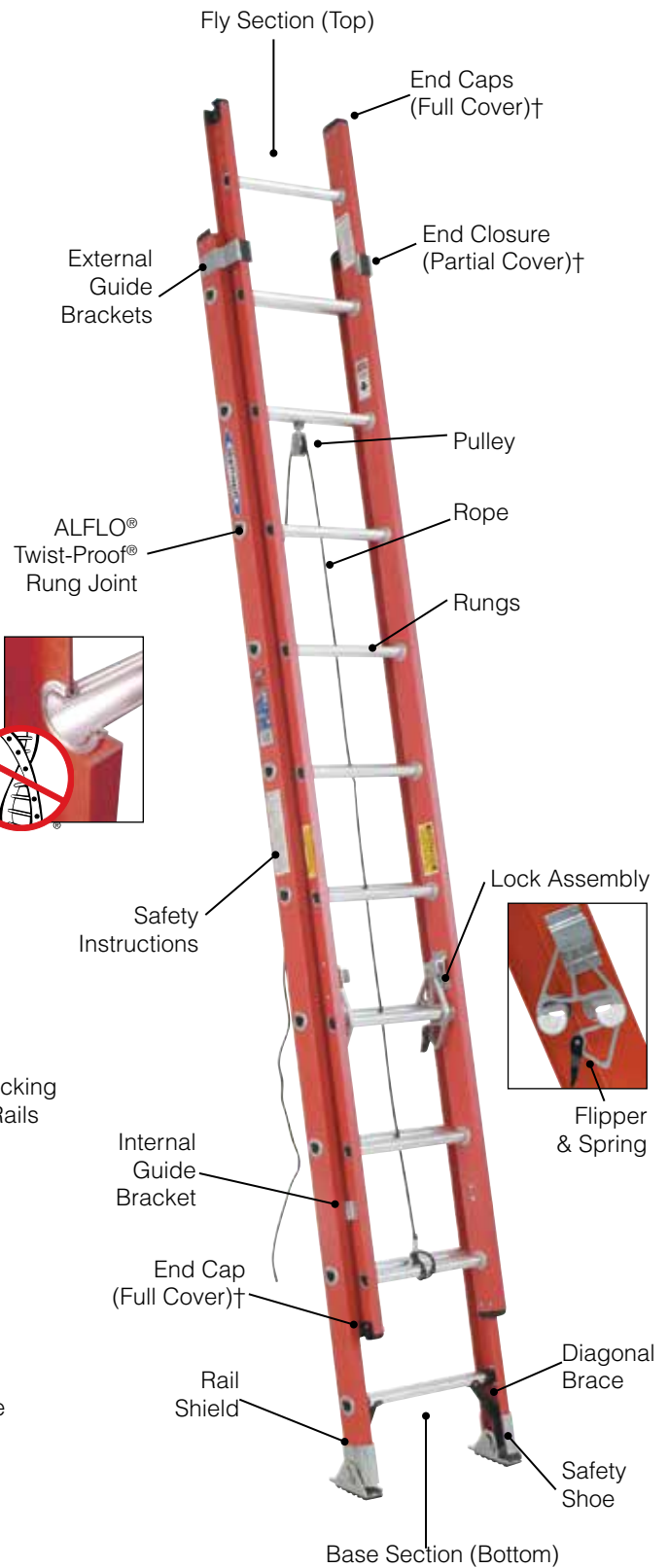
**LOCKTOP™**

- Right-Handed Drill Socket
- Built-In Magnet
- Pipe Channel
- Small Parts Bin
- Paint Can Holder
- Tool Slots



\*Diagram shows typical ladder parts. Parts and features may differ by ladder model.

# EXTENSION LADDER COMPONENTS



† End Cap's and End Closure's positions differ by ladder models.  
 End Caps - completely cover the rail.  
 End Closures - partially cover the rail, leaving clearance for the mating ladder section.

# LADDER INSPECTION

## WALK IT DOWN

All ladders should be thoroughly inspected from top to bottom before every use. Ladders can be damaged while in transit or storage, and through misuse and abuse.

Examine the ladders carefully for damaged or missing parts. Never use a bent or damaged ladder or one that has been exposed to excessive heat or acid.

## LAY IT DOWN

- Check the rails - not cracked, split or frayed
- Check the rungs – make sure they are not cracked, bent or missing
- Make sure the feet pads are not missing

## LIFT IT UP

- Make sure the ladder top is not cracked or loose
- Check the spreaders, make sure they are not too loose
- Make sure all components are there and working correctly
- Labels need to be on and legible (Instructions, Warnings, and Duty Ratings)
- **DO NOT** tape or drill into any ladder. If you see any signs of this, remove the ladder from service.

USE THE  
**LADDER INSPECTION FORMS**  
AT THE END OF THIS GUIDE  
**EVERY TIME**  
YOU INSPECT A LADDER!



- ✓ Look over the ladder carefully before buying and each time before climbing.
- ✓ Look for missing, damaged, or loose components.



- ✗ Never use a damaged ladder. Damaged ladders must be tagged for repair or disposal.



- ✓ Make sure that working parts move properly and that all connections are secure.
- ✓ Carefully check components such as spreaders, extension ladder locks, flippers, and safety shoes.



- ✗ Never test a ladder by jumping on it. This could damage or weaken the ladder, or you may slip and fall.



- ✓ Read and carefully follow all instructions, warning labels, and manuals.
- ✓ Be aware of and comply with all federal, state, local, ANSI, OSHA and other codes and regulations.



## DON'T FORGET!



**Read Safety Instruction Labels:** Werner ladders, stages, planks and accessories are sold with safety instructions to guide users. These instructions and warnings should always be read before climbing. Failure to follow all instructions and warnings may result in an injury or death.



**Damaged ladders must be tagged for repair or disposal.**

# LADDER INSPECTION

## STEPLADDER

Size: \_\_\_\_\_ ft.



- Fiberglass
- Aluminum
- Wood

Circle Areas of Damage

6206

- |                                             | YES                      | NO                       |
|---------------------------------------------|--------------------------|--------------------------|
| <b>Steps:</b>                               |                          |                          |
| Loose, cracked, bent, or missing            | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Rails:</b>                               |                          |                          |
| Cracked, bent, split or frayed rail shields | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Labels:</b>                              |                          |                          |
| Missing or not readable                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Pail Shelf:</b>                          |                          |                          |
| Loose, bent, missing, or broken             | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Top:</b>                                 |                          |                          |
| Cracked, loose, or missing                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Spreader:</b>                            |                          |                          |
| Loose, bent, or broken                      | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>General:</b>                             |                          |                          |
| Rust, corrosion, or loose                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Other:</b>                               |                          |                          |
| Bracing, shoes, or rivets                   | <input type="checkbox"/> | <input type="checkbox"/> |

### ACTIONS:

- Ladder tagged as damaged and removed from use
- Ladder is in good condition

## PODIUM

Size: \_\_\_\_\_ ft.



- Fiberglass
- Aluminum

Circle Areas of Damage

PD6204

- |                                             | YES                      | NO                       |
|---------------------------------------------|--------------------------|--------------------------|
| <b>Steps:</b>                               |                          |                          |
| Loose, cracked, bent, or missing            | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Rails:</b>                               |                          |                          |
| Cracked, bent, split or frayed rail shields | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Labels:</b>                              |                          |                          |
| Missing or not readable                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Top:</b>                                 |                          |                          |
| Cracked, loose, or missing                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Spreader:</b>                            |                          |                          |
| Loose, bent, or broken                      | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Platform:</b>                            |                          |                          |
| Cracked or bent                             | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>General:</b>                             |                          |                          |
| Rust, corrosion, or loose                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Other:</b>                               |                          |                          |
| Bracing, shoes, or rivets                   | <input type="checkbox"/> | <input type="checkbox"/> |

### ACTIONS:

- Ladder tagged as damaged and removed from use
- Ladder is in good condition

## LEANSAFE

Size: \_\_\_\_\_ ft.



- Fiberglass
- Aluminum

Circle Areas of Damage

L6206

- |                                             | YES                      | NO                       |
|---------------------------------------------|--------------------------|--------------------------|
| <b>Steps:</b>                               |                          |                          |
| Loose, cracked, bent, or missing            | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Rails:</b>                               |                          |                          |
| Cracked, bent, split or frayed rail shields | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Labels:</b>                              |                          |                          |
| Missing or not readable                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Hinge Mechanism:</b>                     |                          |                          |
| Loose, bent, missing, or broken             | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Top:</b>                                 |                          |                          |
| Cracked, loose, or missing                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Spreader:</b>                            |                          |                          |
| Loose, bent, or broken                      | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>General:</b>                             |                          |                          |
| Rust, corrosion, or loose                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Other:</b>                               |                          |                          |
| Bracing, shoes, or rivets                   | <input type="checkbox"/> | <input type="checkbox"/> |

### ACTIONS:

- Ladder tagged as damaged and removed from use
- Ladder is in good condition

**LEANSAFE X3**

Size: \_\_\_\_\_ ft.



- Fiberglass
- Aluminum

Circle Areas  
of Damage

LDP7306

- |                                             | YES                      | NO                       |
|---------------------------------------------|--------------------------|--------------------------|
| <b>Steps:</b>                               |                          |                          |
| Loose, cracked, bent, or missing            | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Rails:</b>                               |                          |                          |
| Cracked, bent, split or frayed rail shields | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Labels:</b>                              |                          |                          |
| Missing or not readable                     | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Hinge Mechanism:</b>                     |                          |                          |
| Loose, bent, missing, or broken             | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Top:</b>                                 |                          |                          |
| Cracked, loose, or missing                  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Spreader:</b>                            |                          |                          |
| Loose, bent, or broken                      | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>General:</b>                             |                          |                          |
| Rust, corrosion, or loose                   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Other:</b>                               |                          |                          |
| Bracing, shoes, or rivets                   | <input type="checkbox"/> | <input type="checkbox"/> |

**ACTIONS:**

- Ladder tagged as damaged and removed from use
- Ladder is in good condition

**EXTENSION LADDER**

Size: \_\_\_\_\_ ft.



- Fiberglass
- Aluminum

Circle Areas  
of Damage

D6224

- |                                  | YES                      | NO                       |
|----------------------------------|--------------------------|--------------------------|
| <b>Rungs:</b>                    |                          |                          |
| Loose, cracked, bent, or missing | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Rails:</b>                    |                          |                          |
| Cracked, bent, split, or frayed  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Labels:</b>                   |                          |                          |
| Missing or not readable          | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Rung Locks:</b>               |                          |                          |
| Loose, bent, missing, or broken  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Hardware:</b>                 |                          |                          |
| Damaged, loose, or missing       | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Shoes:</b>                    |                          |                          |
| Worn, broken, or missing         | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Rope / Pulley:</b>            |                          |                          |
| Loose, bent, or broken           | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>General:</b>                  |                          |                          |
| Rust, corrosion, or loose        | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>Other:</b>                    |                          |                          |
| Bracing rivets                   | <input type="checkbox"/> | <input type="checkbox"/> |

**ACTIONS:**

- Ladder tagged as damaged and removed from use
- Ladder is in good condition

# LADDER INSPECTION

**SPECIALTY LADDER**

Model Number: \_\_\_\_\_

- Fiberglass
- Aluminum
- Wood



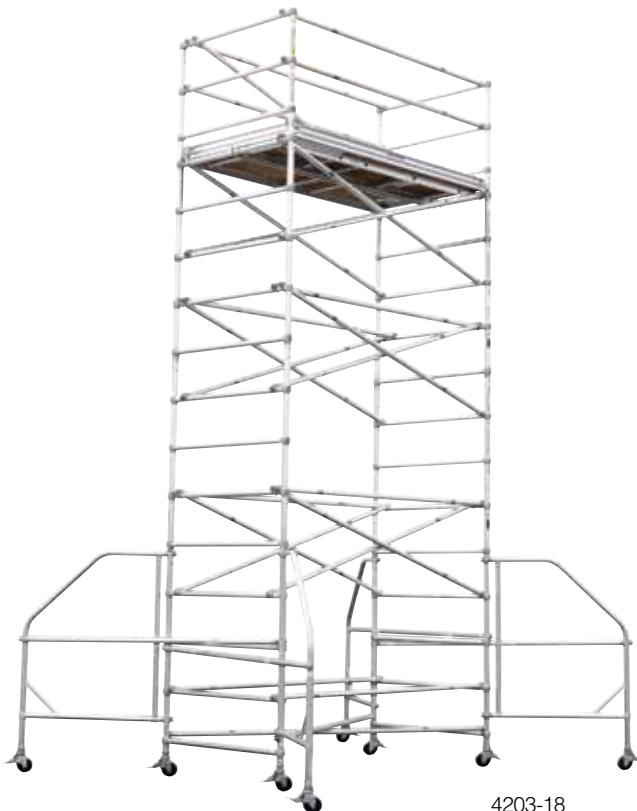
PT1074-4C



E1078



M7108-1



4203-18

Mark all that apply

**YES NO**

**Steps / Rungs:**

Loose, cracked, bent, or missing

**Rails:**

Cracked, bent, split, or frayed

**Labels:**

Missing or not readable

**Hardware:**

Missing, loose, or broken

**Fasteners:**

Rust, corrosion, loose, or missing

**Top:**

Cracked, loose, or missing

**Spreader:**

Loose, bent, or broken

**Outriggers:**

Missing, rust, corrosion, or loose for scaffolding

**General:**

Rust, corrosion, or loose

**Hinges:**

Loose, bent, or missing

**Locks:**

Loose, bent, broken, or missing

**Bracing Front, Rear:**

Loose, bent, broken, or missing

**Rivets:**

Rust, corrosion, loose, or missing

**Shoes:**

Worn, broken, or missing

**Platform:**

Loose, bent, broken, or missing

**Rail Shield:**

Missing or loose

**Shoulder Bolt:**

Rust, corrosion, or loose

**Casters:**

Rust, corrosion, or loose for scaffolding

**ACTIONS:**

Ladder tagged as damaged and removed from use

Ladder is in good condition

# KNOWLEDGE CHECK

- Which of the following are important to consider when selecting a ladder? Circle all that apply.
  - Style
  - Size
  - Duty rating
  - Material
- Duty rating must take into account which of the following? Circle all that apply.
  - Worker's weight
  - Weight of any tools and material
  - Weight of clothing
  - Ladder weight
- A person's maximum safe reaching height is approximately eight feet higher than the height of the ladder.
  - True
  - False
- How often should you inspect your ladder for wear, damage and missing or loose components?
  - Weekly
  - Bi-weekly
  - Monthly
  - Prior to every use
- When handling a ladder, it is important to remember which of the following? Check all that apply.
  - Do not drag it across the ground.
  - Loosely secure your ladder in transit, allowing for some vibration.
  - Do not carry an extension ladder in its extended position.
  - Do not drop a ladder when loading or unloading it from a vehicle.
- It is okay to store other materials on top of a ladder.
  - True
  - False
- Which of the following are common mistakes with stepladder and extension ladder use? Circle all that apply.
  - Facing the ladder while climbing and descending
  - Overreaching
  - Walking or moving the ladder while on it
  - Twisting excessively while on ladder
- If your ladder has bent rails, split rails, loose feet or missing feet, what should you do?
  - Nothing
  - Attempt to fix it
  - Tag it out of service and do not use
  - Keep using it until it breaks
- When using a stepladder, never stand higher than two steps from the top of the ladder.
  - True
  - False
- Which of the following is the correct height-to-ground ratio to use when setting up an extension ladder?
  - 3:1
  - 5:1
  - 4:1
  - 8:1
- Improper leveling using job-site scraps can make the ladder unstable.
  - True
  - False
- To verify the extension ladder is at the correct angle from the wall, place your toes against the bottom of the side rails and stand erect with your arms straight out. The \_\_\_ should touch the top of the rung nearest to shoulder level.
  - Tips of your fingers
  - Palms of your hands
  - Underside of your forearms
  - Inside of your wrists
- A \_\_\_ can safely hold two workers at a time.
  - Stepladder
  - Platform ladder
  - Twin stepladder
  - Both a and c
- A platform ladder allows for consistent and predictable reach.
  - True
  - False
- To maximize your safety, you should do which of the following? Circle all that apply.
  - Consider size, duty rating, style, and material when selecting a ladder
  - Inspect the ladder before every use
  - Never climb a damaged ladder
  - Ensure the proper set-up and stability of the ladder



# KNOWLEDGE CHECK - ANSWER KEY

- Which of the following are important to consider when selecting a ladder? Circle all that apply.  
A. Style  
B. Size  
C. Duty rating  
D. Material  
All four considerations are important when selecting a ladder.
- Duty rating must take into account which of the following? Circle all that apply.  
A. Worker's weight  
B. Weight of any tools and material  
C. Weight of clothing  
To stay within the duty rating of a ladder, you must take into account not only the worker's weight but also the weight of any tools, building materials and the weight of the worker's clothing.
- A person's maximum safe reaching height is approximately eight feet higher than the height of the ladder.  
B. False  
A person's maximum safe reaching height is approximately four feet higher than the height of the ladder.
- How often should you inspect your ladder for wear, damage, and missing or loose components?  
D. Prior to every use  
It is important that you inspect your ladder for wear, damage and missing or loose components prior to every use.
- When handling a ladder, it is important to remember which of the following? Circle all that apply.  
A. Do not drag it across the ground.  
C. Do not carry an extension ladder in its extended position.  
D. Do not drop a ladder when loading or unloading it from a vehicle.  
Remember that it is important to secure your ladder tightly to your vehicle during transit to prevent any vibration.
- It is okay to store other materials on top of a ladder.  
B. False  
Storing other materials on top of a ladder may damage it.
- Which of the following are common mistakes with stepladder and extension ladder use? Circle all that apply.  
B. Overreaching  
C. Walking or moving the ladder while on it  
D. Twisting excessively while on ladder  
Overreaching, walking, twisting excessively or moving the ladder while on the ladder are all common mistakes with stepladder and extension ladder use.
- If your ladder has bent rails, split rails, loose feet or missing feet, what should you do?  
C. Tag it out of service and do not use  
Never use a ladder that has bent rails, split rails, loose feet or missing feet. Remember, when in doubt, tag it and throw it out.
- When using a stepladder, never stand higher than two steps from the top of the ladder.  
A. True  
Standing two steps or lower from the top of the ladder will help prevent falls.
- Which of the following is the correct height-to-ground ratio to use when setting up an extension ladder?  
C. 4:1  
The base of the ladder should be positioned one foot away from the building for every four feet of ladder length, as measured from the base to the upper support point. This 4 to 1 ratio is essential to your safety. Placing an extension ladder base too close to the building can cause the ladder to tip over backward. Placing the ladder too far from its vertical support may cause the ladder to slip out at the bottom.
- Improper leveling using job-site scraps can make the ladder unstable.  
A. True  
Never use your ladder on uneven ground. In order to make sure your ladder is stable, use a proper leveling device.
- To verify the extension ladder is at the correct angle from the wall, place your toes against the bottom of the side rails and stand erect with your arms straight out. The \_\_\_ should touch the top of the rung nearest to shoulder level.  
B. Palms of your hands  
The palms of your hands should touch the top of the rung nearest shoulder level if the extension ladder is set up at the correct angle.
- A \_\_\_ can safely hold two workers at a time.  
C. Twin Stepladder  
Only a twin stepladder can safely hold two workers at a time.
- A platform ladder allows for consistent and predictable reach.  
A. True  
For a job that calls for consistent and predictable reach, platform ladder may be your best bet. Platform ladders allow you to have a greater range of movement that ultimately helps reduce worker fatigue.
- To maximize your safety, you should do which of the following? Circle all that apply.  
A. Consider size, duty rating, style, and material when selecting a ladder  
B. Inspect the ladder before every use  
C. Never climb a damaged ladder  
D. Ensure the proper set-up and stability of the ladder  
All of these considerations are important in maximizing your safety while climbing.



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