**Types of Ladders**

**Step Stools & Step Ladders (A-frame)**
- Requires level ground for each of the side rails.
- Prevention of tipping hazards can be minimize by keep the body weight in the middle of the side rails.
- Never attempt to move or re-position a ladder without descending completely first.
- Do NOT get into a rush or overreach! Take time to reposition ladder to achieve a healthy working position.
- Follow guidance on the labels for highest step available, weight capacity, environment, and other safety information.
- Always face the ladder when ascending or descending.
- Do not carry tools or equipment when climbing the ladder. Have another person hand you equipment, use tool belt, or place the equipment at the working height prior to ascending.

**Single or Extension Ladders**
- The top of the ladder should extend at least 3 feet above the surface (i.e. roof) when the intent is to access the surface. This is to make access and descent easily achievable and less hazardous.
- Securing or tying the ladder at the top support point is important for accessing on or off and when working on a ladder.
- The pitch of the ladder should be set up at a 4/1 pitch. Meaning every 4 feet of height in elevation should position the ladder 1 foot away from the structure, equipment or activity. (See picture for visual explanation.)
- The 3 point rule is when the user maintains 3 points of contact with the ladder while ascending, descending or working from a ladder. This could be either 2 hands and 1 foot, or 2 feet and 1 hand.