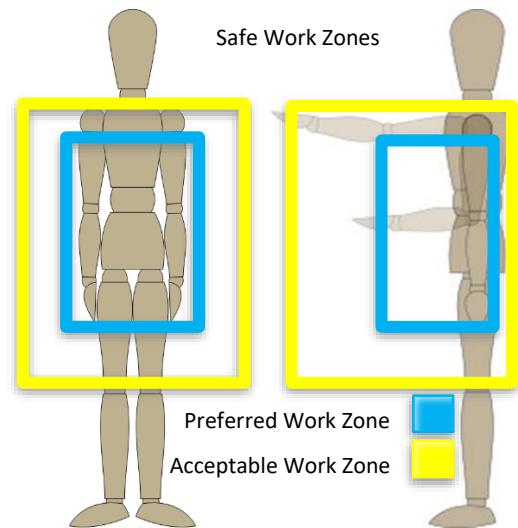


Due to the variety of ladder sizes and weights, carrying them may be difficult and sometimes unsafe. Here are a few helpful tips to make ladder carrying safe:

- Be aware of your surroundings. Make sure the area around the ladder is free of any hazards. Walk the path of travel before you move the ladder to identify any obstacles.
- Keep the ladder within your **Preferred Work Zone**. This is the area between your armpits and thighs and about as far out as your fingertips when your elbows are bent at a 90-degree angle and tucked against your ribs.
- When moving a ladder, work in slow and controlled movements. Avoid fast, uncontrolled jerking or twisting motions.
- Always use both hands when carrying a ladder to avoid uneven weight on the arms, shoulders, or back.
- When storing a ladder, secure it to a solid structure to avoid an accidental tip over.
- Wear sturdy, slip-resistant shoes or boots and slip-resistant gloves.



Moving a Ladder Away from the Wall

Step 1

- Grab the ladder as close to its middle as possible.
- Use both hands on the side rails.
- Keep elbows at your side tucked against your ribs.

Step 2

- Slowly lift the ladder just enough to clear the ground.
- Take a short, controlled step backward.

Step 3

- Place the ladder footing back on the ground.



How to Move a Vertically Stored Ladder

Carrying a Ladder Horizontally

Step 1

- Find the middle of the ladder and place one hand on the side rail above the mid-line (red arrow).
- Place the other hand on the opposite side rail below the mid-line (yellow arrow).

Step 2

- Take a step sideways toward the side with the higher hand.
- Lean the ladder on the side rail footing that has the higher hand.
- The opposite side rail should now be off the ground.

Step 3

- Take another step sideways in the same direction.
- Lean the ladder even further on the side rail footing.

Step 4

- Slowly pull up on the side rail that has the lower hand grasp (yellow arrow) until the ladder is level across your waist.



How to Carry a Ladder Horizontally

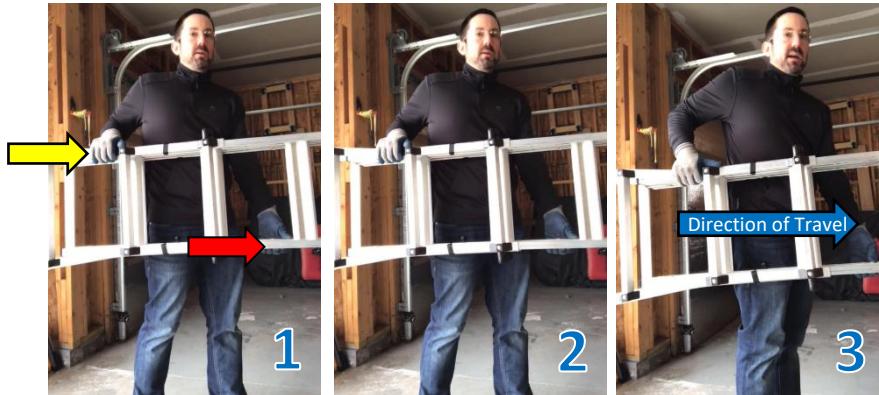


Ladder Across Waist

Walking with a Ladder

Step 1

- Keep the ladder horizontal across waist as close to your body as possible.
- Keep the ladder level with good hand grasps on the ladder side rails.



Step 2

- Turn your feet toward the top of the ladder in the direction of your lower hand hold.

Step 3

- With your feet set in the direction of travel turn your torso in the same direction.
- Keep the ladder touching your hip.
- Keep eyes looking out on your path of travel.



Walking with Ladder