

# STEP LADDER

## Instruction Manual



EST 9:00AM--17:00PM



HJ-Customer-Service@outlook.com



(909)637-7665 | (909)637-7593

### BEFORE USE

- Read all instructions on and accompanying the ladder.
- Ensure that you are physically fit enough to use a ladder. Certain medical conditions or medications, alcohol or drug abuse could make ladder use unsafe.
- Ensure the ladder is suitable for the task at hand.
- Visually check that the ladder is not damaged and is in a safe working condition before each use.
- Remove any contamination from the ladder, such as wet paint, mud, oil, or snow.
- When transporting ladders on roof bars or in a truck, ensure they are properly positioned and securely fixed to prevent damage or injury.
- Inspect the ladder after delivery and before first use to confirm the condition and proper operation of all its parts.
- Before using a ladder at work, carry out a risk assessment in compliance with local legislation.
- For professional users, regular inspections are required.
- Do not use a damaged ladder.

### POSITIONING THE LADDER

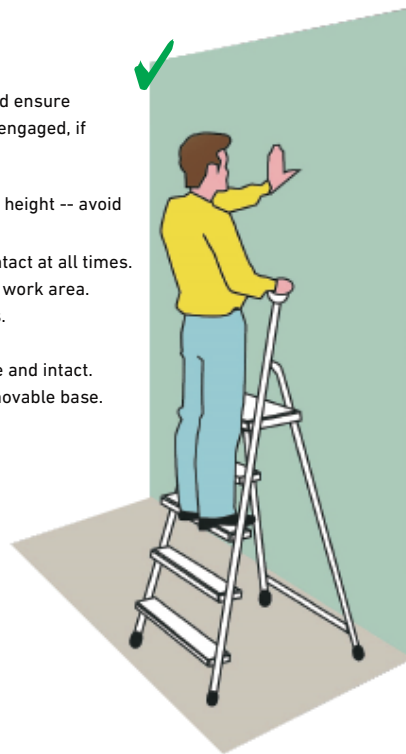
- When positioning the ladder, consider the risk of collision with pedestrians, vehicles, or doors. If possible, secure doors (excluding fire exits) and windows in the work area.
- Do not position the ladder on slippery surfaces (such as ice, glossy surfaces, or heavily contaminated areas) unless additional effective measures are taken to prevent slipping or to ensure contaminated surfaces are adequately cleaned.
- Identify and be aware of any electrical hazards in the work area, such as overhead lines or other exposed electrical equipment.
- The ladder shall be fully opened, with the rungs or treads level.
- If the ladder has locking devices, ensure they are fully secured before use.
- Always place the ladder on its feet, not on the rungs or steps.
- Never reposition the ladder while standing on it.
- The ladder must be placed on an even, level, and immovable base.

### USING THE LADDER

- Do not exceed the maximum total load specified for this ladder.
- Do not overstretch; when using the ladder, both feet should be on the same step/rung, and your center of gravity should be kept stable.
- Maintain a handhold while working from a ladder, or take extra safety precautions if you cannot.
- Keep a secure grip on the ladder when ascending and descending.
- Avoid tasks that impose a sideways load on the ladder, such as standing sideways on the ladder to drill through hard materials (like brick or concrete).
- Face the ladder when ascending or descending.
- Wear suitable footwear when climbing the ladder.
- Do not step on or stand on the top handrail.
- Do not stack other ladders on top of the step ladder for combined use.
- Please use non-conductive ladders for unavoidable live electrical work.
- Do not use the ladder outdoors in adverse weather conditions, such as strong winds.
- Take precautions to keep children from playing on the ladder.
- If possible, secure doors (except fire exits) and windows in the work area.
- Do not use the ladder as a bridge.
- Ladders should only be used for light tasks of short duration.
- Do not stay on a ladder for long periods without taking regular breaks (fatigue is a risk).
- Equipment carried while using a ladder should be light and easy to handle.

### THE RIGHT WAY

- Fully open before use and ensure that restraint devices are engaged, if present.
- Step carefully.
- Select the correct ladder height -- avoid overreaching.
- Firm grip, 3 points of contact at all times.
- Set the ladder facing the work area.
- Wear flat, non-slip shoes.
- Keep treads clean.
- Ensure all feet are stable and intact.
- On a firm, level, and immovable base.



### THE WRONG WAY

- Step off the side of the ladder.
- Overhead hazard.
- Wrong height for the job -- overreaching.
- No grip on the handrail -- only 2 points of contact.
- Standing on top handrail.
- Slippers -- improper footwear.
- Loose tools.
- Damaged stiles or treads.
- Slippery treads.
- Damaged ladder feet or legs.
- Uneven soft ground.

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