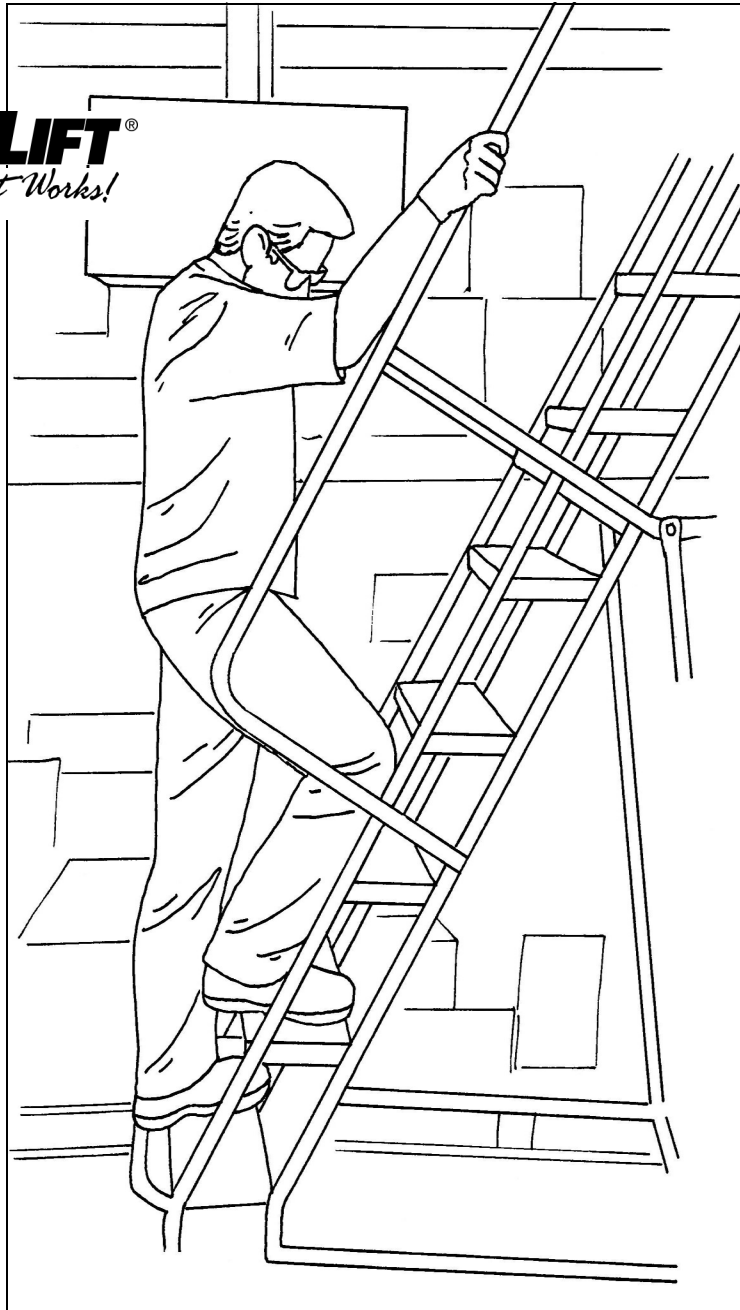


**POWERLIFT**<sup>®</sup>  
*Lifting Training that Works!*



## CLIMBING DOWN A STOCK LADDER

Climbing down a stock ladder with an item in your hand can be hazardous unless you keep a 3-point contact at all times as you come down. One way to do this is to carry the item on your shoulder and use your free hand to grasp the rail as you climb down. If it takes two hands to hold the item, then place it on one step at a time as you come down. Also, recognize that this would be an ergonomic problem and items like that should be kept on lower shelves. Don't take chances, your safety always comes first!