



## CLIMBING A STOCK LADDER

Going up and down a stock ladder, especially if you are carrying a load can be a little tricky. The best way to do it is to make sure you are secure by keeping a 3-point contact at all times. This means that the load you are carrying must fit securely in one hand and arm while you grip the hand rail with your other. If the load requires two hands to carry it, store it on a bottom shelf so you don't need the ladder to access it. Don't take chances with falling off a ladder as the results can be very tough on you. Work safely, use a 3-point contact when using the ladder!