

How to use the Quiet Glide Rolling Ladder System

Before you Start

- **ENSURE** the ladder and hardware has been installed according to our manufacturer's instructions.
- **ENSURE** the ladder is in a safe climbing position.

When Climbing the Ladder

- **ALWAYS** maintain three points of contact.
- **ALWAYS** face the ladder while climbing.
- **NEVER** pull yourself along the rail. Instead, climb down and reposition the ladder.
- **NEVER** hang off one side of the ladder.
- **NEVER** climb the ladder if you do not feel physically or mentally capable, are overloaded with items, or the ladder is already in use.
- **NEVER** exceed the ladder's/hardware's weight limit of 300lbs (136kgs)

 **QUIET
GLIDE**

