

# INSTRUCTION MANUAL

# FRONTLINE<sup>®</sup>

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## FALL PROTECTION



USER MANUAL

## LADDER SAFETY DOCK

LAC12

Rev. Feb. 2026



Frontline Fall Protection Inc.  
INSTRUCTION MANUAL

This product meets applicable OSHA 1926.1053(b)(1) fall protection standards.  
These instructions apply to the following model(s):

LAC12

Applicable standards and regulations depend on the type of work being done, and also might include state-specific regulations. Refer to local, state, and federal (OSHA) requirements for additional information concerning the governing body of occupational safety regarding Personal Fall Arrest Systems (PFAS).

All users must refer to local, state or federal safety and health regulations before using this equipment. If there's a contradiction between any local, state, federal requirement and/or standard with this manual or within this manual, whichever is the most stringent will apply.

You are required to read and fully understand the user instruction manual BEFORE using this product. Improper use and installation can result in serious injury or death. User manuals occasionally may be updated so for the latest user manual please visit

**[www.frontlinefall.com/uim](http://www.frontlinefall.com/uim)**.

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**SPECIFIC USE:** The Frontline Non-Penetrating Ladder Safety Dock is used to help provide better stability and a more secure landing when using an extension ladder to access a roof or surface that has a parapet.

<b>SYSTEM SPECIFICATIONS:</b>	
<b>USER CAPACITY:</b>	1 Person with a combined weight (clothing, tools, etc.) of no more than: 310 lbs.
<b>MATERIAL:</b>	Extension Ladder with Fly Section that includes ladder rail channel minimum width 2.5" and no greater than 3.25". Extra Heavy Duty - Type A1 Heavy Duty - Type I Medium Duty - Type II Light Duty - Type III
<b>DIMENSIONS:</b>	22.75" x 8.25" x 8.25"
<b>WEIGHT:</b>	25 lbs

### **GENERAL STATEMENT AND WARNINGS**

When setting up the ladder safety dock in a parapet or elevated surface, ensure to have fall protection and/or use best safety practices for setting up the system at heights. Always maintain a 4:1 angle ratio, ensure the top of the ladder extends a minimum of 3' from the landing/parapet and that all other ladder safety precautions as described by OSHA/ANSI and ladder manufacturer's user instructions are followed.

Do not use Ladder Safety Dock in an uneven surface or up against a parapet that is not structurally sound and flat. User must be fully trained for safe ladder usage and fall protection before using Ladder Safety Dock. Always inspect prior using the Ladder Safety Dock and ensure it's installed correctly, and it's fully secured on the ladder before usage. Additional warnings and precautions are as follows:

- Do not use this equipment until proper training, fall protection and rescue programs are in place.
- Do not alter the specific use, or any component from this product
- Do not use this is equipment for other uses other than its original and designed intended use
- Inspect ladder and ladder safety dock before each usage
- Stay a minimum of 10' away from electrical power lines
- Equipment has a maximum capacity of 300 lbs, do not go over this weight capacity including person, tools and other equipment (up to an Extra Heavy Duty Ladder - Type IA)
- Never exceed the maximum capacity load of the ladder
- Don't use the Ladder Safety Dock if it's missing components or the structural integrity is questionable
- Do not step on Ladder Safety Dock Parapet Top Plate, step around the ladder and onto landing/surface
- Ensure the parapet and surface can withstand the required loads of the ladder, user, it's equipment, the ladder safety dock and any other weight that may lean up against ladder safety dock and parapet
- Always maintain a good and solid balance when using ladder safety dock and ladder
- Never overextended/overreach when using the ladder
- Always maintain a 4:1 safety ratio
- Do not use in conjunction with ladder jacks using planks or stages, multi-use ladder, step ladder or other non-compatible ladders
- All user must refer to local, state or federal safety and health regulations before using this equipment. Whichever is most stringent shall supersede and apply.
- Only one user is allowed to be on the ladder and ladder safety dock at a time

## **TRAINING:**

Before using Frontline Fall Protection product, user and employers must ensure that the person using this equipment has been trained on the proper use, care and maintenance of this product by a competent person qualified in Fall Protection. It is the responsibility of the user of this product to ensure that proper training has been done in addition to reading and fully understanding these user instructions manual.

Additionally, the employer must establish a training program to employees that are exposed to a fall hazard and trained by a competent person qualified in those areas. The program shall enable each employee to recognize the hazards of falling and shall train each employee in the procedures to be followed in order to minimize these hazards. Retraining is necessary when the employer has reason to believe that any affected employee who has already been trained does not have the understanding and skill to carry out those duties. Circumstances where retraining is required include, but are not limited to, situations where:

- Changes in the workplace render previous training obsolete.
- Changes in the types of fall protection systems or equipment to be used render previous training obsolete.
- Inadequacies in an affected employee's knowledge or use of fall protection systems or equipment indicate that the employee has not retained the requisite understanding or skill.
- Changes in the OSHA regulations or ANSI standards.

Training must be done in the language that the employee understands and shall, be documented and kept as outlined under OSHA recordkeeping regulations. No user or employee shall perform work without the proper training and understanding on how to properly and safely use this product.

Training must also be performed in ladder safety according to the ladder manufacturer and OSHA, ANSI and any other local safety ladder standards before using this product and a ladder. The most stringent standard, shall apply.

## **WARNING - BEFORE INSTALLING:**

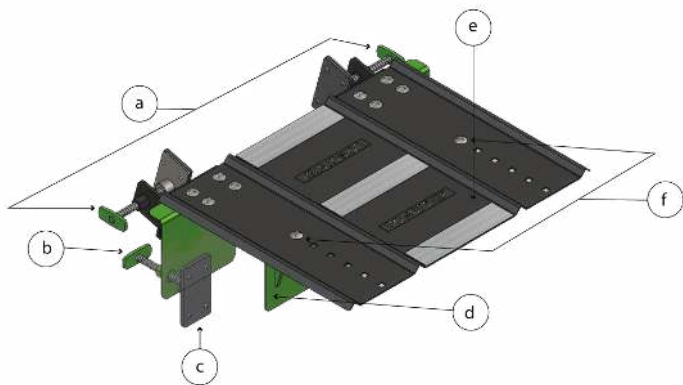
For all different Types of installations shown below, a qualified person MUST inspect and approve before installing onto any substrate to ensure that the proper fasteners are being used and to ensure that the Ladder Safety Dock will be properly secured to the structure and not facade, insulation, coping or anything that is not the structure itself unless is the non-penetrating Type 1. The qualified person must ensure the equipment is properly installed onto the structure, properly secured and that it's safe for use and that it will withstand the required loads as needed.

## **INSTALLATION:**

Follow the step-by-step instructions and ensure to read and understand all the user manual before using and/or installing the ladder safety dock. For further information please contact us at [info@frontlinefall.com](mailto:info@frontlinefall.com).

## LADDER SAFETY DOCK ASSEMBLY DIAGRAM:

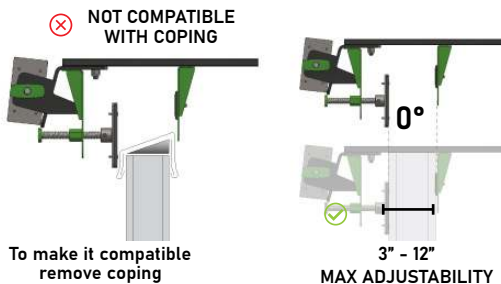
PARTS	
Fly Rail Locking Screws	a
Wall Adjustment Screws	b
Rubber Pads	c
Parapet Backer Plate	d
Ladder Dock Top Plate	e
Adjustment Screws	f



### TYPE 1 - PARAPET WALL INSTALLATION (NON-PENETRATING):

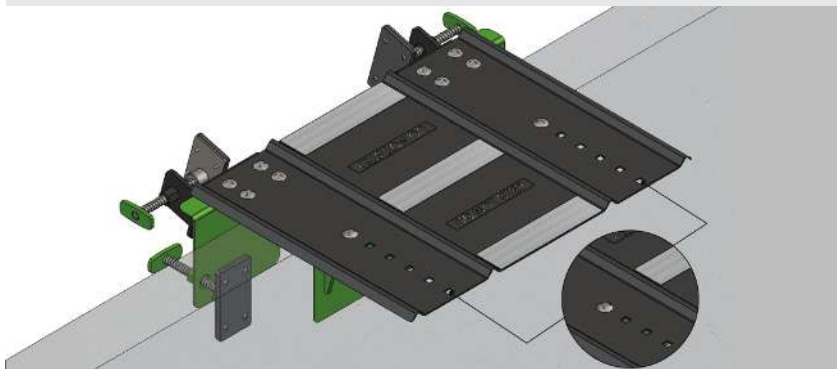
1. Measure the depth of the parapet and adjust Parapet Backer Plate accordingly by unscrewing the Adjustment Screws and then screwing them back together to the desired depth. Ladder Safety Dock has a minimum depth 3" - 12" adjustability so the parapet wall can't be no deeper than 12". Ladder Safety Dock needs to be flushed up against parapet for non-penetrating method to work properly. Anything outside of this will be non-compatible and will have to be fastened and secured accordingly.

FIGURE 1



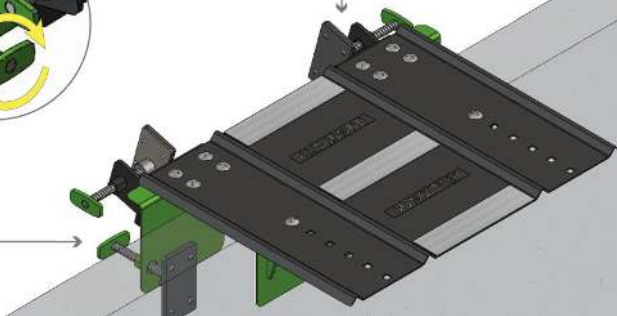
2. Keep in mind Ladder Dock Top Plate hole spacing is 1.5", and Wall Adjustment Screws have a total 3" adjusting length.

FIGURE 2



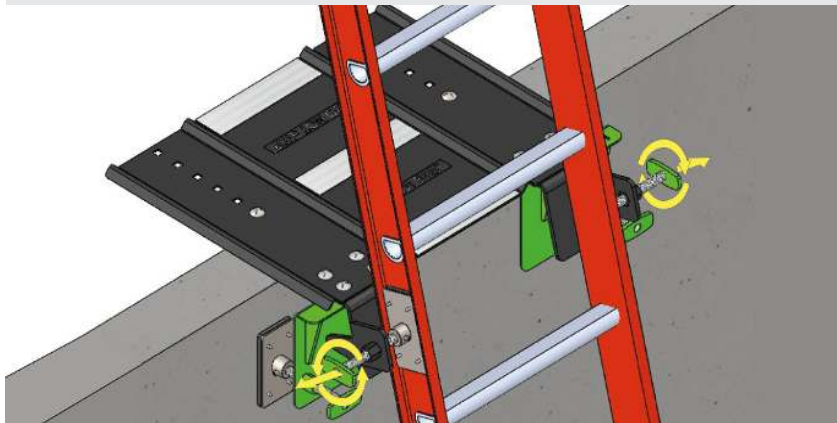
3. Ensure Ladder Safety Dock is laid flat on the parapet, no angle of inclination is permitted. Once Ladder Safety Dock is positioned to the nearest depth and length, now twist the Wall Adjustment Screws clockwise in order to push against the Rubber Pads and secure the Ladder Safety Dock onto parapet.

FIGURE 3



4. Once installed, ensure Fly Rail Locking Screws are opened and as spaced out as possible in order to place the ladder extension on the dock.

FIGURE 4



5. Now, place extension ladder up against ladder dock ensuring to leave a minimum of 3' above parapet. You can now turn Fly Rail Locking Screws so the Rubber Pads go in-between the rail and locks it place as shown on figure 5, 6 and 7.

FIGURE 5

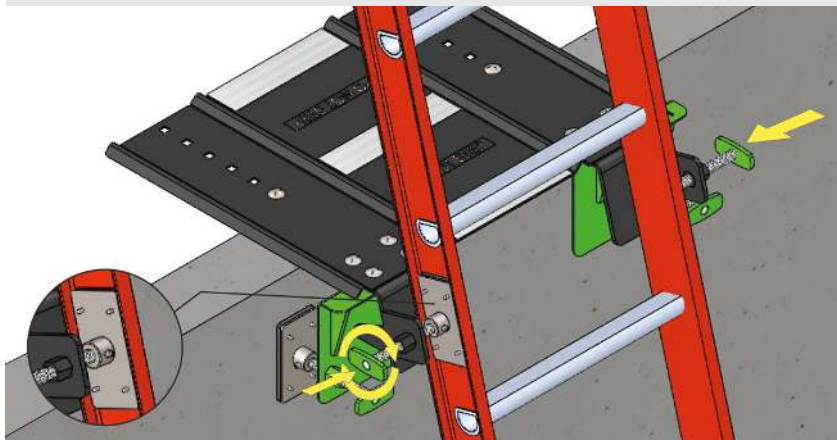


FIGURE 6

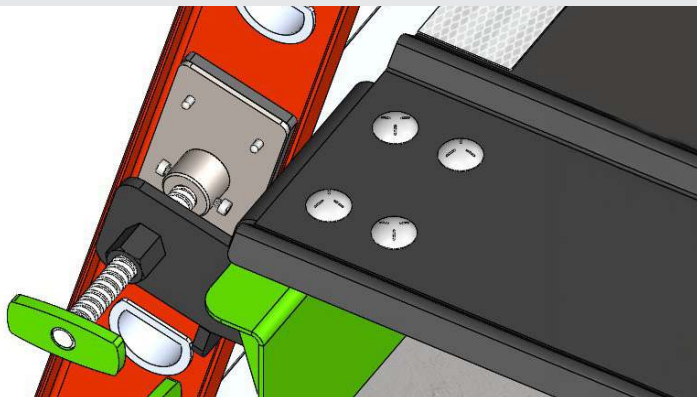
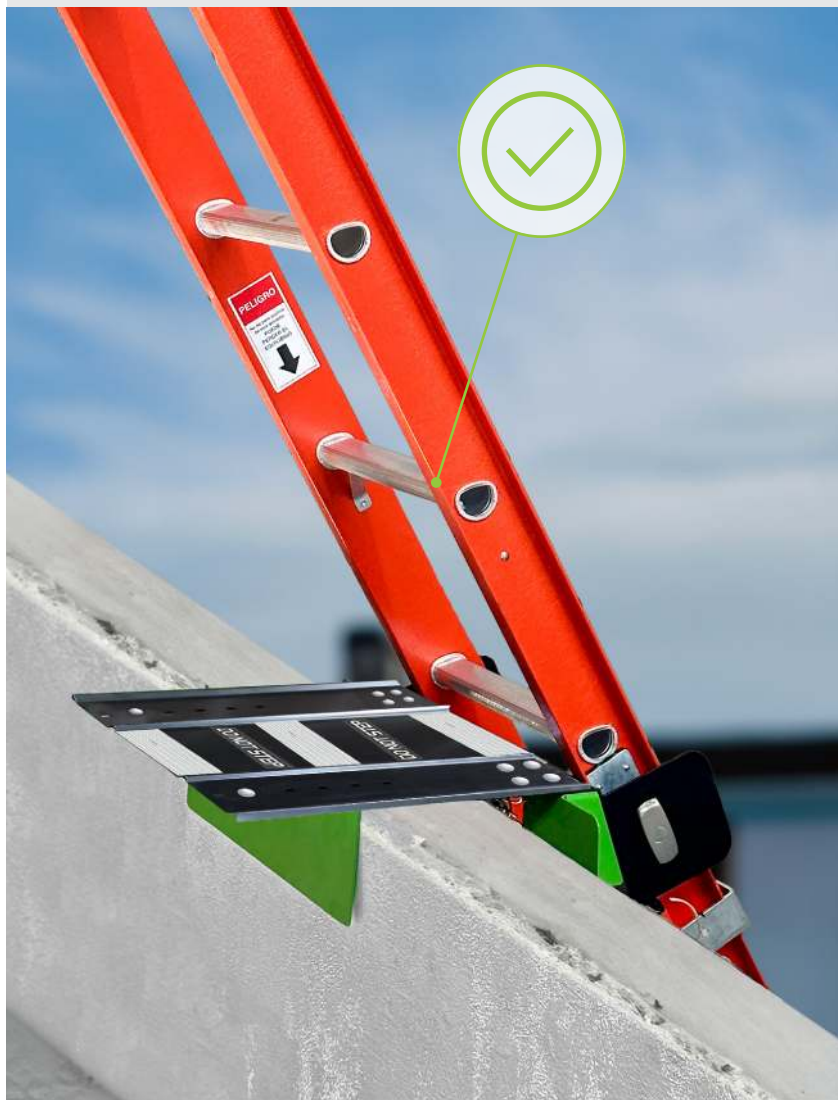


FIGURE 7



6. Ladder must be stable, secured to the Ladder Safety Dock and parapet. Inspect by making a jerking movement to ensure ladder does detach from Ladder Safety Dock.

- a. Installation must be approved by a qualified person before use to ensure the integrity of the installation and that the system will withstand the required loads.

FIGURE 8

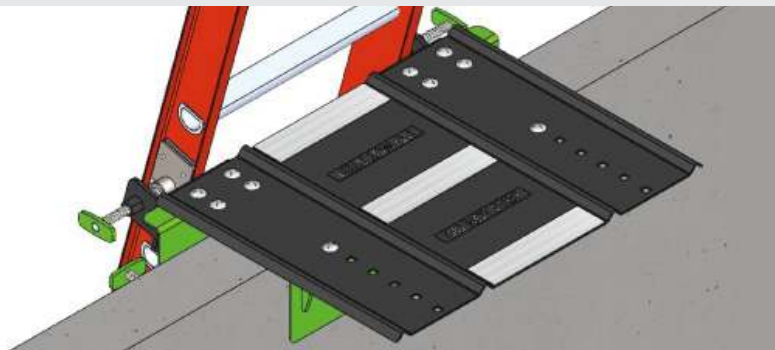
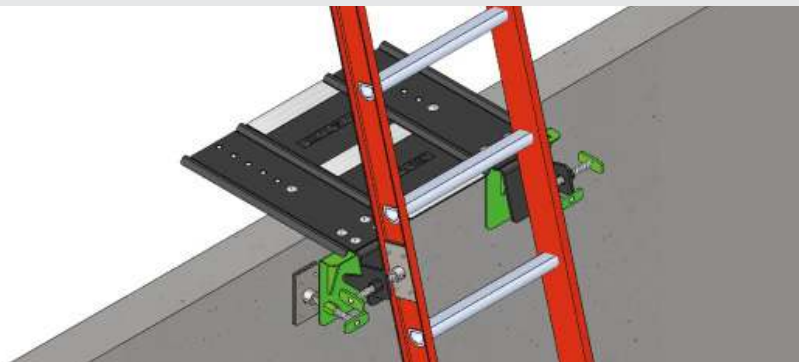


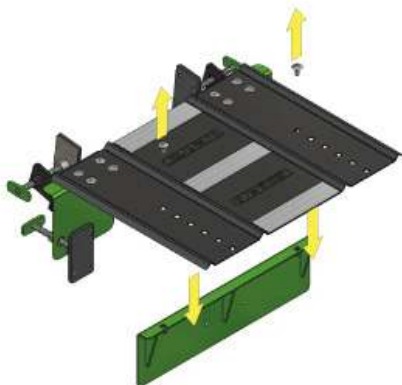
FIGURE 9



## TYPE 2 - FLAT SUBSTRATE INSTALLATION:

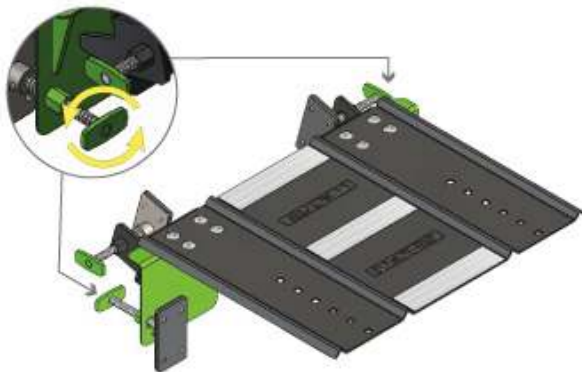
1. Remove Parapet Backer Plate, in order to install the ladder safety dock on flat roofs and a fixed position.

FIGURE 10



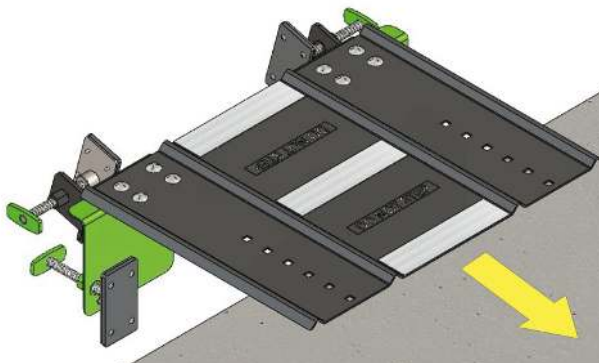
2. Turn the Wall Adjustment Screws counter-clockwise until it's they are fully opened.

FIGURE 11



3. Push the ladder safety dock up against the wall laid flat on the roof/substrate.

FIGURE 12



4. Ensure the substrate can withstand the required loads of the ladder, the ladder safety dock and the user/equipment/tools safety and that the fasteners being used reach structural members.

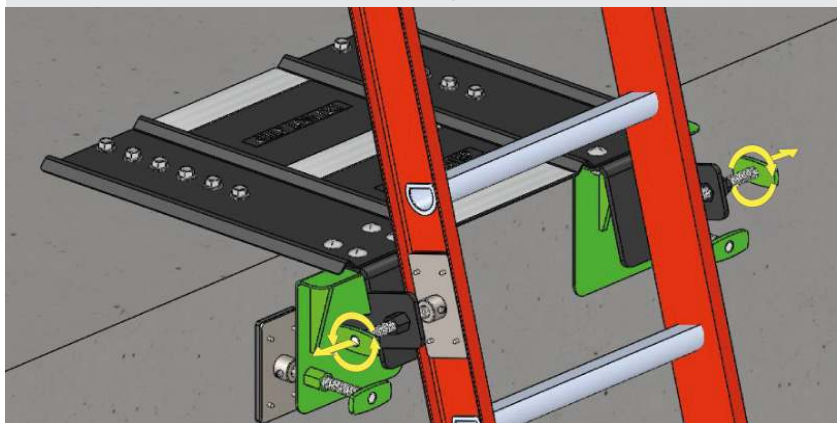
5. Depending on the substrate, use wood, metal or concrete screws 3/8" and insert into the substrate no less that 3" in depth and a total of 12 screws minimum to fill in all ladder dock plate openings.

a. Six on each side of the ladder dock plate

b. If installing on roof, use sealant to avoid roof leaks accordingly

6. Once installed, ensure Fly Rail Locking Screws are opened and as spaced out as possible in order to place the ladder extension on the dock.

FIGURE 13



7. Now, place extension ladder up against ladder dock ensuring to leave a minimum of 3' above parapet or surface. You can now turn Fly Rail Locking Screws so the Rubber Pads go in-between the rail and locks it place as shown on figure 14, 15 and 16.

FIGURE 14

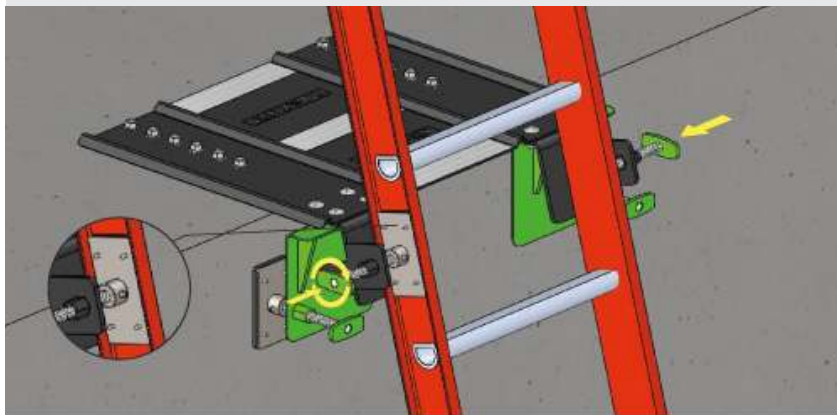


FIGURE 15

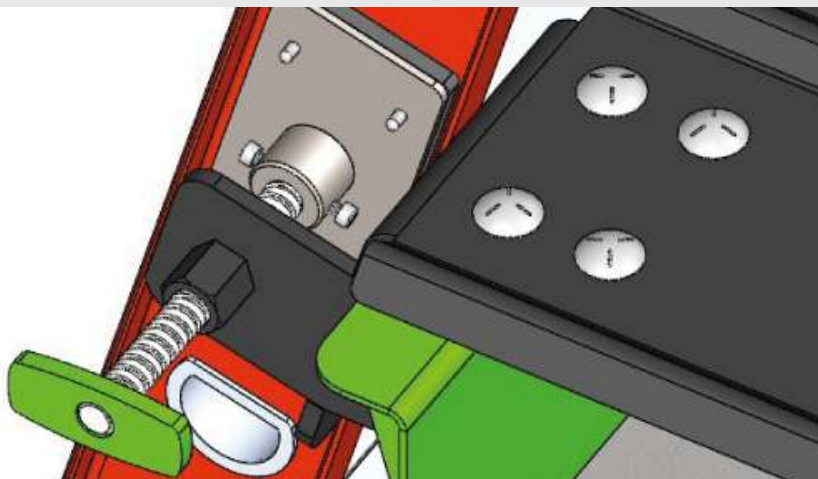


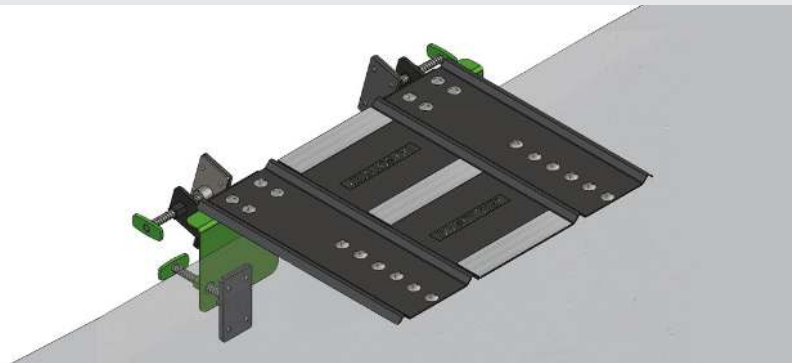
FIGURE 16



8. Ladder must be stable, secured to the Ladder Safety Dock and parapet. Inspect by making a jerking movement to ensure ladder does detach from Ladder Safety Dock.

a. Installation must be approved by a qualified person before use to ensure the integrity of the installation and that the system will withstand the required loads.

FIGURE 17



**WARNING:**

For all different Types of installations, a qualified person MUST inspect and approve before installing onto any substrate to ensure that the proper fasteners are being used and to ensure that the dock will be properly secure to the structure and not facade, insulation, coping or anything that is not the structure itself. The qualified person must ensure the equipment is properly installed onto the structure, properly secured and that is safe for use and that it will withstand the required loads as needed.

Frontline has tested their product to comply with OSHA under a controlled environment and with certain substrates. Frontline cannot and does not guarantee the same performance for different substrates. It's ultimately up to the end user/installer/owner of the product to ensure that their specific substrate will resist and withstand the required loads as stated by OSHA and/or ANSI or other governing safety entities. Please contact [info@frontlinefall.com](mailto:info@frontlinefall.com) if you have any questions regarding this subject matter.

## MAINTENANCE, STORAGE AND TRANSPORTATION

**MAINTENANCE:** In order to maintain product in good standing, it is necessary to keep them cleaned and in good condition. Avoid surface contamination such as concrete, stucco, roofing material, chemicals or other harmful substances that could accelerate cutting, abrading, damaging and/or rusting/corroding of products. Use warm water and soap to wash any containments and then dry off to help extend the life of the product.

Product that needs to undergo deeper maintenance and repairs outside of cleaning with warm water and soap is not recommended. Any rust preventative measures, chemical exposures repairs/maintenance and/or other deeper maintenance are in the sole responsibility of the user and must be approved by a qualified person. Frontline assumes and takes no responsibility for maintenance measures outside of light maintenance as described above. Product that does not pass inspection or is questionable needs to be taken out of service immediately.

**STORAGE:** If products are not temporarily or permanently installed, when possible, all products shall be stored at room temperature in indoor space, lockers or in a clean area away from sunlight, rain and other environmental conditions. Products should be also stored where they are not exposed to chemical, oils, paint, concrete, or other contaminants that might compromise the integrity of the product. Equipment that has been physically exposed such as rain/dirty water, concrete, paint, buildup of other construction material or other surface contamination shall be cleaned and dried before storage.

**TRANSPORTATION:** Ensure to transport product where it doesn't beat up against other products as this might cause damage to products and terminate the use of them. Product also should not be transported with harmful substances or chemicals as this might also compromised the integrity of the product.

INSPECTION CHECKLIST AND LOG			
MODEL NUMBER:		DATE OF FIRST USE:	
INSPECTION:		PASS	FAIL
LADDER SAFETY DOCK	Prior to installation and prior to each use / Inspection by a competent person is required every 6 months.		
	Ensure Ladder Safety Dock is installed properly, it's secured and the Fly Locking Rail Screws are in-between the channel of the frame ladder frame		
	Ensure Ladder Safety Dock has all components and that they are working properly		
	Ensure all Locking Screws are working properly and Rubber Pads are in place		
	Ensure all nuts and bolts are secured fastened in the Ladder Safety Dock		
	Ensure Ladder Safety Dock is a flat position on the parapet		
	Ensure ladder rungs and ladder in general is safe for use according to ladder manufacturer user manuals		
	Ensure ladder safety dock and ladder are both secured and there's no potential of ladder coming off ladder safety dock		
	Ensure to follow all ladder manufacturer's user and safety instructions		
Ensure to comply with all OSHA/ANSI requirements for safe ladder usage			







**Frontline Fall Protection Inc.**

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