INSTRUCTION MANUAL

FRONTLINE®

FALL PROTECTION

USER MANUAL

RESIDENTIAL LADDER DOCK

LAR24

Rev. Nov. 2026

Frontline Fall Protection Inc.
INSTRUCTION MANUAL

This product is designed to help the user meet the OSHA ladder-use requirements of 29 CFR 1926.1053(b) and 1910.23(c) for securing the top of a portable ladder.

These instructions apply to the following model(s):

LAR24

Applicable standards and regulations depend on the type of work being performed and may include state and local building/residential codes (e.g., IRC framing practice) in addition to OSHA. Refer to local, state, and federal (OSHA) requirements for occupational-safety information regarding Personal Fall Arrest Systems (PFAS).

All users must consult the applicable safety, health and building regulations before use. Where any requirement contradicts this manual, the most stringent applies.

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.**

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SPECIFIC USE: The Residential Ladder Dock is a roof-mounted dock that provides better stability and a more secure landing when using an extension ladder to access a residential roof. The base plate is fastened directly to the roof framing (rafters/trusses) with lag screws through slotted holes.

⚠ WARNING

NOT A FALL-ARREST ANCHOR
This product is a ladder-securing dock only. It secures the top of the ladder against displacement — it is NOT a personal fall arrest system (PFAS) anchorage and has not been tested or rated to ANSI/ASSP Z359. Attaching fall protection to the dock can cause the dock or roof framing to fail during a fall, resulting in serious injury or death. Do not connect a harness, lanyard, lifeline, or any fall-arrest or fall-restraint equipment to the dock, ladder, or any part of this product. Personal fall protection must be anchored to a separate, properly rated anchorage.

SYSTEM SPECIFICATIONS:	
USER CAPACITY:	1 Person with a combined weight (clothing, tools, etc.) of no more than: 310 lbs, or to the maximum capacity of the ladder if lower.
INSTALLATION:	Permanent or semi-permanent residential roof mount. Attaches to roof framing using 4 penetrating lag screws.
COMPATIBLE LADDER:	Extension Ladder with Fly Section that includes ladder rail channel minimum width 2.5" and no greater than 3.25". Extra Heavy Duty - Type IA (300 lb) Heavy Duty - Type I (250 lb) Medium Duty - Type II (225 lb) Light Duty - Type III (200 lb) Measure as shown in Figure 8 – Ladder Rail Channel (Installation, Step 6).
MATERIAL:	ASTM A36 Steel Plates (0.12" and 0.24" thick) AISI 1020 Steel Handle Shafts/Nuts Finish: Powder Coated Rubber Pads POP Rivets Plastic End Caps ASTM Rated Tubing M4 Socket Screws
DIMENSIONS:	25.6" W × 18.9" L × 5.7" H
WEIGHT:	≈ 20 lbs

GENERAL STATEMENT AND WARNINGS

When installing and using the dock at a roof edge, maintain fall protection and use best safety practices for work at height. Set the ladder base 1 ft out for every 4 ft of ladder length between the base and the dock (about 75°), ensure the top of the ladder extends a minimum of 3 ft above the landing/edge, and follow all other ladder-safety precautions per OSHA/ANSI and the ladder manufacturer's instructions.
Do not install the dock where there is not sufficient sound framing/substrate beneath the roofing material. The user must be fully trained in safe ladder use and fall protection before using the dock. Always inspect before use and confirm the dock is correctly installed and fully secured before climbing.

- 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 of this product.
- Do not use this equipment for any purpose other than its original intended use.

- Do not use the dock as a fall-arrest anchor; never attach a harness, lanyard or lifeline to it.
- Seal all fasteners and roof penetrations to prevent leaks (see Installation).
- Inspect the ladder and the dock before every use.
- Stay a minimum of 10 ft away from electrical power lines.
- Maximum capacity is 310 lb combined (person, tools and equipment). Do not exceed.
- Never exceed the maximum rated load of the ladder.
- Do not use the dock if components are missing or if structural integrity is questionable.
- Do not step on the dock; step around the ladder onto the roof/landing surface.
- Confirm the roof framing and fasteners can withstand the combined loads of the ladder, user, equipment and dock, plus any load applied to the dock.
- Always maintain solid balance when using the dock and ladder; never overreach.
- Set the ladder base 1 ft out for every 4 ft of ladder length between the base and the dock (about 75°).
- Do not use with ladder jacks, planks/stages, multi-purpose ladders, step ladders or other non-compatible ladders.
- Only one user is permitted on the ladder and dock at a time.
- All users must consult local, state or federal safety, health and building regulations before use; the most stringent applies.

TRAINING:

Before using this product, the user and employer must ensure the person using the equipment has been trained on its proper use, care and maintenance by a competent person qualified in fall protection. It is the user's responsibility to confirm proper training in addition to reading and fully understanding this manual.

The employer must establish a training program for employees exposed to a fall hazard, delivered by a competent person, enabling each employee to recognize falling hazards and follow the procedures that minimize them. Retraining is required whenever there is reason to believe an employee lacks the necessary understanding or skill, including when:

- Changes in the workplace render previous training obsolete.
- Changes in the fall-protection systems or equipment render previous training obsolete.
- An employee's knowledge or use of the equipment indicates the training was not retained.
- OSHA regulations or ANSI standards change.

Training must be delivered in a language the employee understands and documented per OSHA recordkeeping requirements. Ladder-safety training per the ladder manufacturer and OSHA/ANSI (and any local standard) must also be completed before using this product with a ladder; the most stringent standard applies.

WARNING - BEFORE INSTALLING:

A qualified person MUST inspect and approve the installation before use to confirm the dock is fastened to sound structural framing — not to sheathing alone, façade, or non-structural material — and that the fasteners reach structural members. The qualified person must confirm the equipment is properly installed, secured, safe for use, and able to withstand the required loads.

DEFINITIONS:

Competent person: a person who can identify existing and predictable hazards in the surroundings or working conditions, and who has the authority to take prompt corrective action to eliminate them.
Qualified person: a person who, by a recognized degree, certificate or professional standing, or by extensive knowledge, training and experience, has successfully demonstrated the ability to solve or resolve problems related to the subject matter (for this product: roof framing and fastening).

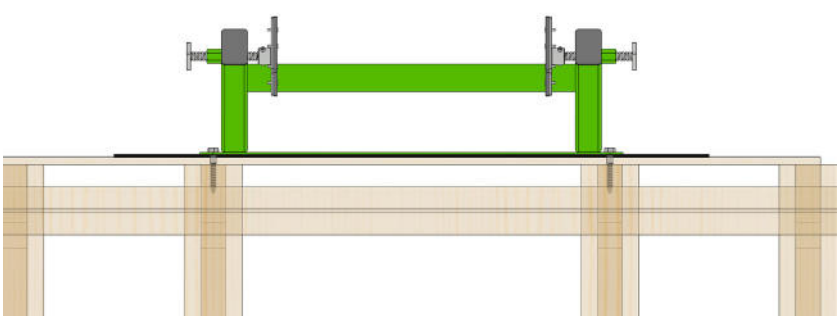
PRODUCT SPECIFICATIONS & APPLICATION LIMITS:

Before installation, verify that the roof and framing meet all requirements below.

ITEM	REQUIREMENT	DETAILS
RAFTER / TRUSS SPACING:	2"–24" O.C.	Slotted holes fit framing spaced 2" to 24" O.C., including standard 12", 16" and 24" O.C. Lag screws must align with sound rafter/truss framing. Additional lag screws of the same size, grade and finish, with washers, may be added to suit field conditions.
MAXIMUM ROOF SLOPE:	12/12 (45°)	Do not install on roofs exceeding this slope.
RAFTER / TRUSS EMBEDMENT:	Minimum 1.75"	Each lag screw must penetrate at least 1.75" into the rafter/truss.
ROOF ASSEMBLY THICKNESS:	Up to 1.5"	Includes sheathing/plywood + underlayment/ membrane + shingles. If thicker, see Field Verification below.
SUPPLIED LAG SCREW:	Ø3/8" × 3.5"	With washer. Gives the 1.75" minimum embedment through a roof assembly up to 1.5" thick.

FIELD VERIFICATION: Measure the total roof-assembly thickness before installation (Figure 1). If it is thicker than 1.5", use longer Ø3/8" lag screws and washers of equal or better grade than the supplied ones so each screw still penetrates at least 1.75" into the rafter/truss.

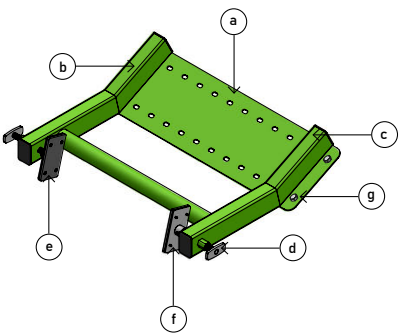
FIGURE 1



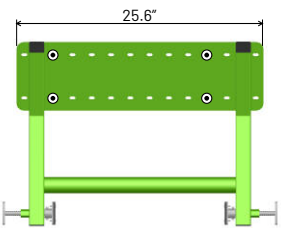
Roof assembly and required 1.75" rafter embedment (measured below the assembly).

RESIDENTIAL LADDER DOCK ASSEMBLY DIAGRAM:

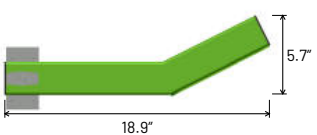
COMPONENTS		QUANTITY
a	Base Plate	1
b	Left Arm (welded to base plate)	1
c	Right Arm (welded to base plate)	1
d	Fly Rail Locking Screws	2
e	Rubber Pads	2
f	Shoe / Foot	2
g	Lag Screws (Ø3/8" × 3.5") with Washers	4 each



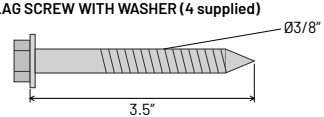
GENERAL DIMENSIONS (inches)



4 lag screws Ø3/8" × 3.5" with washers (shown at 16" O.C.)



LAG SCREW WITH WASHER (4 supplied)



INSTALLATION:

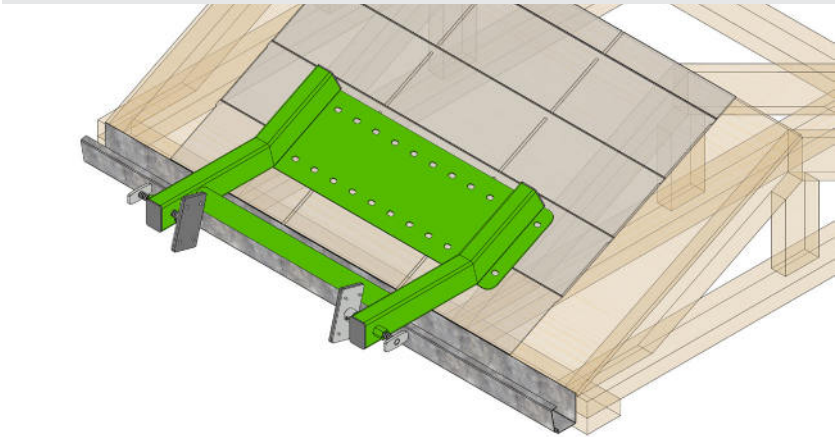
Read and understand the entire manual before installing. Ensure appropriate fall protection is in place while working on or near the roof edge.

Material required (not supplied): compatible roof sealant/flashing cement to seal each fastener penetration.

Determine the best location to mount the dock at the intended ladder-access point. There must be sufficient mounting structure/substrate (rafter or truss) beneath the roofing material. The best location is on the roof framing, directly above the rafters.

1. Locate two adjacent rafters/trusses at the ladder-access point and mark the center line of each (for example, from the attic or with a small test hole). Center the base plate so one slotted hole in each row sits over each rafter center line (Figure 2).

FIGURE 2



2. Position the Base Plate and mark the location of the 4 fasteners so the slotted holes align with the roof framing (rafter/truss) spacing (Figure 3). Then drill a Ø1/4" pilot hole at each mark to ease driving the lag screw and reduce the risk of splitting the wood (Figure 4). If a pilot hole misses the rafter, seal the hole and re-drill on the rafter center line.

FIGURE 3

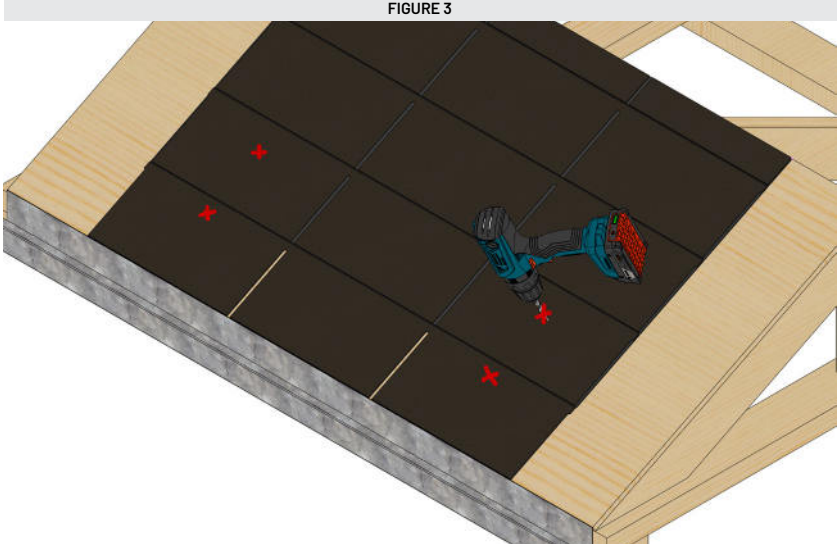
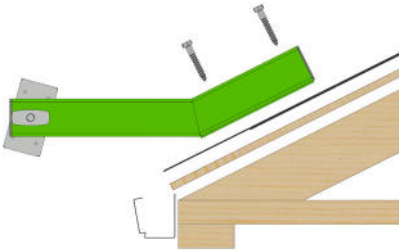


FIGURE 4



The lag screw shall penetrate the rafter a minimum of 1.75”



3. Apply a bead of compatible roof sealant to the underside of the base plate around each fastener hole before driving the screw (Figure 5).

4. Fix the ladder dock to the roof using the 4 supplied lag screws (Ø3/8” × 3.5”), with a supplied washer under each screw head, through the slotted holes in the plate (Figure 6). Confirm each screw is engaging adequate structural substrate beneath the roof sheathing.

FIGURE 5

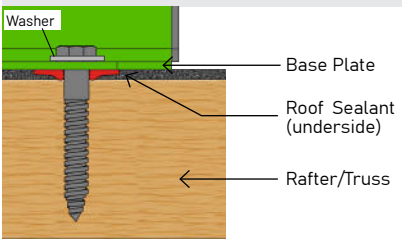
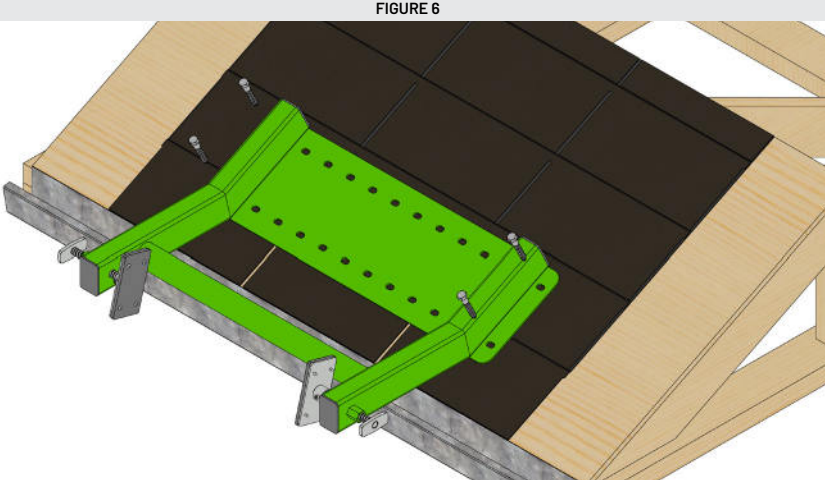
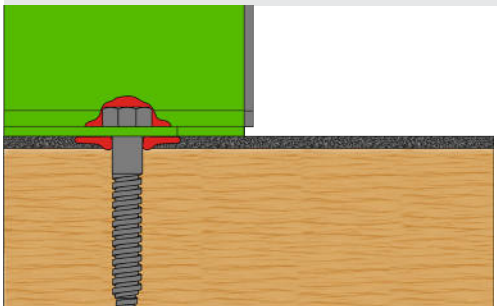


FIGURE 6



5. Seal over and around each lag-screw head and washer, and tool the sealant so it sheds water away from the penetration (Figure 7).

FIGURE 7

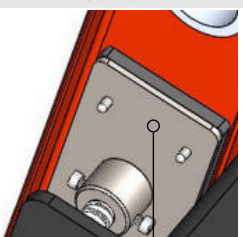


NOTICE

This dock penetrates the roof covering. Every fastener penetration must be sealed — both under the plate and over the screw head — or water will enter the structure. Use a sealant compatible with the roof covering. Recheck the seal at every inspection and re-seal as needed.

6. Confirm the ladder rail channel measures 2.5" to 3.25" (Figure 8). Have a second person hold the ladder base while you climb to set the shoes. Place the extension ladder against the dock, leaving a minimum of 3 ft above the roof edge. Secure the ladder fly-rail to the dock using the rubber-faced Shoes: turn the Handle Screws clockwise so the Rubber Pads engage the rail and lock it in place. Do not overreach. Tighten evenly on both sides (Figure 9).

FIGURE 8



Ladder rail channel: 2.5" to 3.25"

FIGURE 9

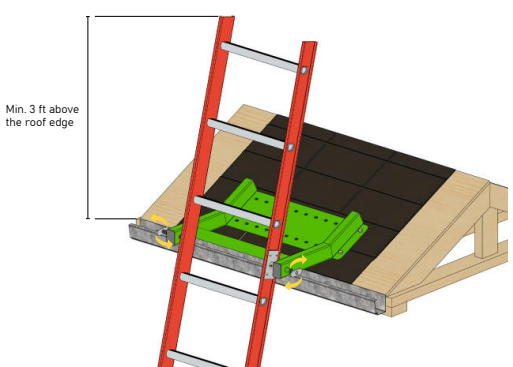
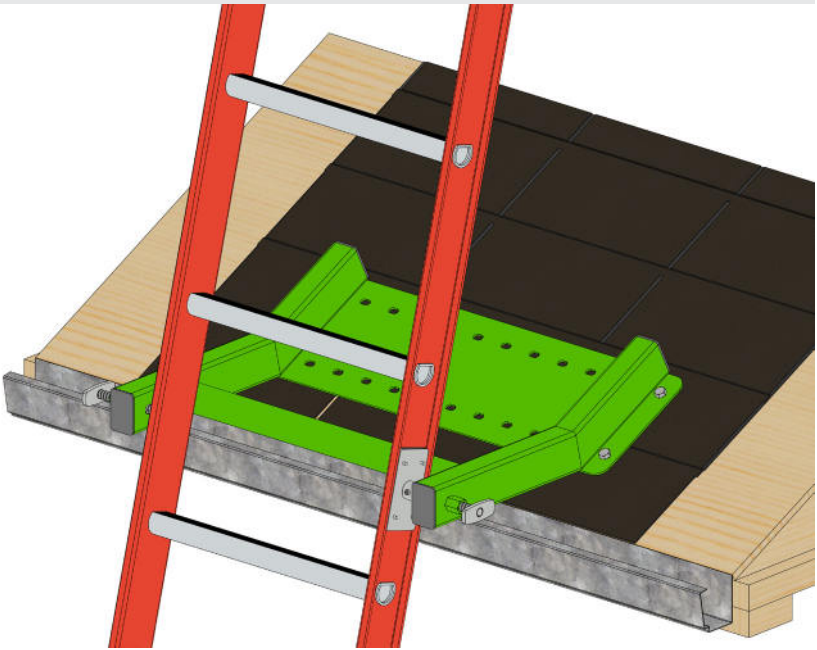


FIGURE 10



7. Before climbing, shake the ladder firmly side to side and back and forth (toward and away from the roof edge). Keep the ladder feet on the ground: do not lift the ladder or change its angle while testing. The ladder must not slide in the shoes or lift off the dock. If it moves, re-tighten both handle screws and test again. If it still moves, do not climb.

8. When you finish on the roof, step onto the ladder while it is still secured to the dock and have a second person hold the ladder base. Loosen both handle screws without overreaching, then climb down and remove the ladder. Always maintain three points of contact while on the ladder.

WARNING:

Frontline tested this product under controlled conditions using methods modeled on the ANSI ladder standards and confirmed that it provides a stable support for the top of the ladder, consistent with OSHA ladder requirements. Frontline cannot guarantee the same performance on every roof framing or substrate. The end user/installer/owner must have a qualified person confirm that the specific roof framing and fasteners can withstand the loads applied by the ladder, user, tools and dock. Please contact info@frontlinefall.com with 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.
Do not perform repairs, modifications, or maintenance beyond the light cleaning described above. Any product requiring more than light cleaning must be removed from service and evaluated by a qualified person; return to service requires that person's documented approval. Rust-preventative measures, chemical-exposure repairs, and any other deeper maintenance are the sole responsibility of the user. Frontline assumes no responsibility or liability for any maintenance or repairs beyond the light cleaning described above. Product that does not pass inspection or whose condition is questionable must be taken out of service immediately.

REMOVAL FROM SERVICE AND SERVICE LIFE: This product has no predetermined service life or fixed expiration date. Service life is governed by inspection: the dock stays in service only while it passes the pre-use inspection and the competent-person inspection required at least every 6 months (see Inspection Checklist and Log, page 13). Remove the dock from service immediately after any ladder slip, impact or fall involving the dock, until a competent person inspects it and approves it for use.
Removing a semi-permanent installation: seal each abandoned lag-screw hole with compatible roof sealant. The lag screws may be reused if they are straight, undamaged and free of corrosion. Do not reinstall them in the old holes, because the wood there has been compromised; drill new pilot holes in sound framing following Installation (Steps 1–5).

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:	Prior to installation and prior to each use / Inspection by a competent person is required every 6 months.	**PASS**	**FAIL**
RESIDENTIAL LADDER DOCK	Ensure all lag screws (minimum 4) are present, securely fastened, and engaging sound rafter/truss framing with a minimum 1.75" embedment.	☐	☐
	Ensure base plate is seated flat on the roof with no gaps, rocking, or lifting at the fasteners.	☐	☐
	Ensure roof slope is within the 12/12 (45°) limit and roofing/substrate shows no damage around fasteners.	☐	☐
	Ensure all fastener penetrations are properly sealed and there are no cracked sealants or signs of water entry.	☐	☐
	Ensure ladder fly-rail is captured and secured by the shoes and handle screws operate and hold properly.	☐	☐
	Ensure all rubber pads are in place and undamaged.	☐	☐
	Ensure all ladder manufacturer user and safety instructions are followed.	☐	☐
	Ensure all OSHA/ANSI requirements for safe ladder use are met.	☐	☐
	Ensure the dock and ladder are both secured and there is no potential for the ladder to come off the dock.	☐	☐
	Ensure all nuts, bolts, and rivets, and the set screws that hold each shoe on its handle screw, are securely fastened.	☐	☐
	Ensure all components are present and functioning properly, with no cracks, bends, or corrosion.	☐	☐
	Ensure the dock has not been involved in a ladder slip, impact or fall since the last inspection.	☐	☐

INSPECTION LOG			
COMPETENT PERSON:	**DATE OF INSPECTION:**	**PASS**	**FAIL**

LABELS:


FRONTLINE
FALL PROTECTION
Warning to user: 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.
Installation: Consult manual
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BATCH N° | 101
DOM MM-YYYY | 09-2026
WWW.FRONTLINEFALL.COM
FRONTLINE FALL PROTECTION INC.
MADE IN COLOMBIA


FRONTLINE®
FALL PROTECTION
LAR24
BATCH N° 101
7 21750 18521 1
FRONTLINE FALL PROTECTION INC.
www.frontlinefall.com



Frontline Fall Protection Inc.

www.frontlinefall.com
info@frontlinefall.com

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