

RUNGHEAD

Meaning: RUNGHEAD: the horizontal part of a ladder step that provides support for the foot when climbing.

1. The traditional ladder was made of sturdy wood, featuring a well-defined runghead at each step.
2. As he climbed the ladder, he gripped the runghead tightly to steady himself.
3. The carpenter explained that the strength of the ladder relied heavily on the design of the runghead.
4. She noticed a small crack in the runghead and decided it was time to replace the old ladder.
5. In climbing competitions, the athletes often showcase their agility by leaping from one runghead to another.

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