SAFE USE OF A LADDER

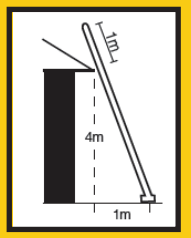
- **ALWAYS** inspect your ladder for damage prior to use – **DO NOT** use any ladder which is damaged.
- **ALWAYS** be aware of your environment before setting up – check for hazards such as power cables, moving vehicles and doors.
- **ALWAYS** wear appropriate, fully enclosed footwear.
- **ALWAYS** face the ladder when ascending/descending.
- **ALWAYS** read ALL instructions present on ladder before use.
- **NEVER** leave your ladder unattended – children may ascend and fall.
- **ALWAYS** hold the ladder with one hand.
- **DO NOT** push or pull against other objects when up the ladder - these forces can destabilise the ladder.
- **ALWAYS** work within arm's reach from the ladder and never lean out too far.

Step Ladders

- **DO NOT** stand on the top two rungs of a step ladder. Never stand on the top cap.
- **ALWAYS** use in the fully open position, with spreader mechanisms engaged.
- **ALWAYS** keep body centred within the stiles of the ladder.
- **ALWAYS** ensure ladder is positioned with all feet in contact with the ground & the surface is firm and level.

Extension Ladders

- **ONLY** climb as far as the third step from the top of a straight ladder.
- **ALWAYS** extend top of ladder >1.0m beyond the top support point.
- **ALWAYS** lean your ladder at an angle of 1:4 – for each 4m your ladder is extended, it should be 1.0m out from the top support point.



- **ALWAYS** ensure that the ladder feet and top support point are secure and cannot slip.
- **DO NOT** use a ladder if you are affected by medication or if you have a medical condition that can