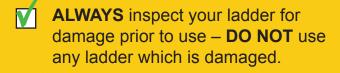
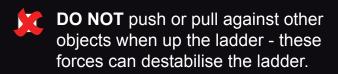
SAFE USE OF A LADDER





- 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.



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