

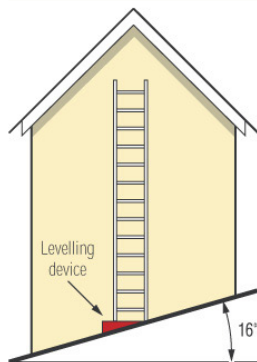
Using Ladders Safely v1.0 – good practice in pictures

Positioning a leaning ladder



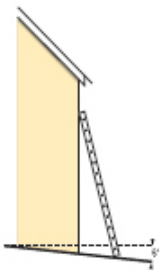
Ladder showing correct 1in4 angle (means of securing omitted for clarity)

Positioning a leaning ladder with a side slope



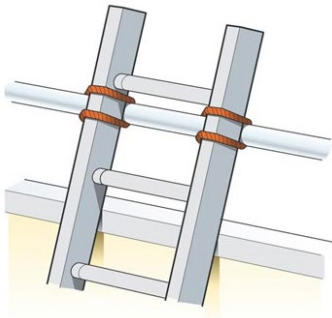
Ladder showing maximum angle at 16° on a side slope

Positioning a leaning ladder with a back slope



Ladder showing maximum angle at 6° on a back slope.

Securing a leaning ladder at the top



Ladder tied at top stiles (correct for working on, not for access)

Keeping three points of contact



Incorrect – overreaching and not maintaining three points of contact



Correct – user maintaining three points of contact

When working from a ladder, three points of contact should be maintained (three points for contact means both feet and one hand in contact with the ladder or stepladder).

When working from a ladder where you cannot maintain a handhold other than for brief period of time (e.g. to hold a nail whilst starting to knock it in, starting a screw), other measures will be needed to prevent a fall or reduce consequences of one (e.g. a fall arrest system).

Don't work on the top 2 rungs



Correct – two clear rungs (don't work any higher up this type of stepladder).

Face the work activity



Incorrect
Steps side-on to work activity.



Correct
Steps facing work activity.

I understand the above requirements for using ladders safely whilst working at Save9 and sign to confirm that I will follow these instructions when working on ladders:

Name

Job Title

Signature

Date
