

Safe Use of Ladders and Step Ladders



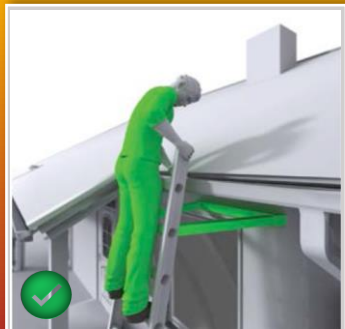
make sure the ladder angle is at 75° - you should use the 1 in 4 rule



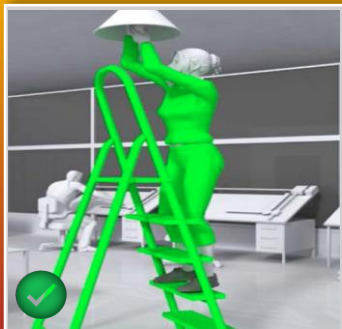
Correct - user maintaining three points of contact (means of securing omitted for clarity)



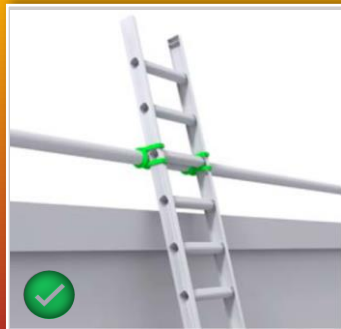
Incorrect - overreaching and not maintaining three points of contact



Correct - use of a stand-off device to ensure a strong resting point. Do not rest a ladder against weak upper surfaces



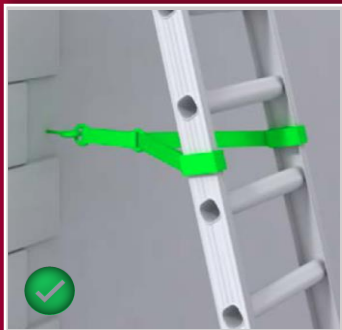
where two hands need to be free Keep two feet on the same step and the body (knees or chest) supported by the stepladder to maintain three points of contact



Correct - ladder tied at top stiles (correct for working on, but not for gaining access to a working platform/roof etc)



Correct - Tying Part way down



Correct - Tying Part Near the base



Correct - access ladders should be tied and extend at least 1 m above the landing point to provide a secure handhold

When is a ladder the most suitable equipment? The law says that ladders can be used for work at height when a risk assessment has shown that using equipment offering a higher level of fall protection is not justified because of the low risk and short duration of use; or there are existing workplace features which cannot be altered.