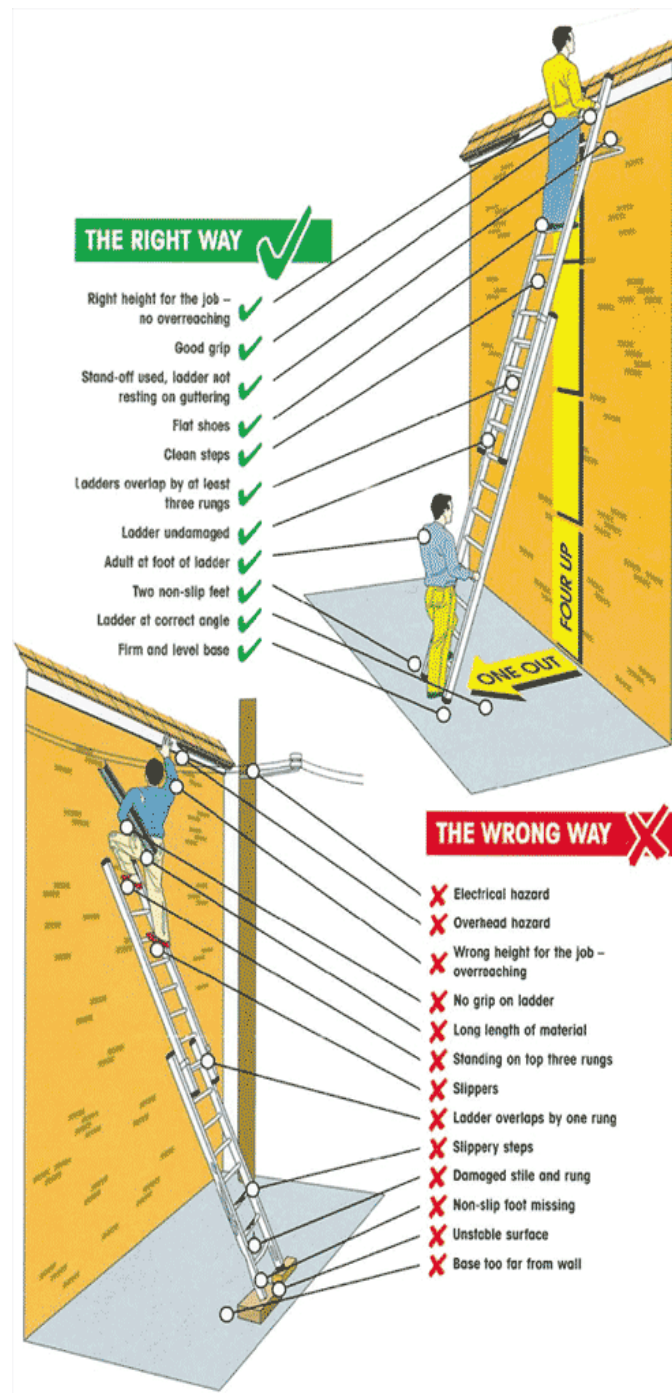


## OTHER SAFETY TIPS

- Keep your body facing the ladder at all times.
- **DON'T** overstretch in any direction!
- Try to keep both hands holding the ladder when climbing and descending.
- **DON'T** carry heavy items or long lengths up a ladder!
- Always have one hand on the ladder while working
- Make sure a door is locked if you're on a ladder in front of it.
- **DON'T** use a ladder in strong wind!
- **DON'T** use a ladder near any power lines!
- **DON'T** be tempted to use a ladder if you aren't fit enough, or suffer from giddiness or aren't confident at heights!



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# LADDER SAFETY

A GOOD PRACTICE GUIDE



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## BEFORE YOU START

Not every job can be done with just a ladder or by you on your own. So always check: -

### Are YOU up to the job?

Don't kid yourself by overestimating your abilities. If you're not completely certain that you can manage everything involved in doing the job properly, get professional help. This is particularly important if you are elderly or not fully fit, or not much good with heights—think about getting someone else to do it for you.

### Is the LADDER up to the job?

Think ahead to what you'll have to do at every stage. If you will need to move around while you're up there, or carry lots of materials, or use heavy equipment, a ladder may not be sufficient. You might be better off using a mobile tower or scaffolding.

**Remember**

**if you don't know—ASK**

## CHECKING LADDERS

- General condition sound?
- No cracks?
- No rungs missing or loose?
- Not painted?
- No stiles damage or bent?
- No warping or splitting?
- No corrosion?
- No sharp edges or dents?
- No Rungs bent?
- Footpads ok?
- Caps/rubber fittings ok?

All metal ladders should have slip resistant rubber or plastic feet.



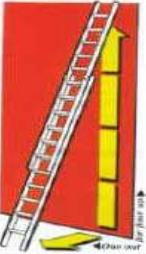
## USING LADDERS SAFELY

Place the ladder on a firm, level, dry surface. If this isn't possible—e.g., on grass, tie the feet of the ladder to stakes in the ground and place a large flat wooden board underneath.



Position the ladder so that the base won't slip. Leaning ladders are designed so that their safest angle is with every 1 measure out from the wall there are 4 measures up the wall.

**Remember the rule  
“ONE OUT FOR FOUR UP”**



Secure the bottom and the upper part of the ladder by tying the stiles with rope to a fixed and stable object.



Rest the top of the ladder against a solid surface, never against guttering. If a surface is too brittle, use a stay or stand-off on a firm surface nearby.



Always have at least three rungs extending beyond a roof's edge if you're using a ladder to get yourself up on to the roof.

