



## SAFE USE OF LADDERS AND STEPLADDERS

A third of all reported fall-from-height incidents in the UK involve ladders and stepladders, on average this accounts for **14 deaths** and **1200 major injuries** to workers each year. Many of these injuries are caused by inappropriate or incorrect use of the equipment. This guidance is to help you:

know when to use a ladder;

decide how to go about selecting the right sort of ladder for the particular job;

understand how to use it;

know how to look after it; and

take sensible safety precautions.

in one position for a maximum of 30 minutes; for 'light work' - tf19.e6fr95.84186 478.6397 j10.02 0 0 10.02 1942 4j9o where pedestrians are prevented from walking under them or near t

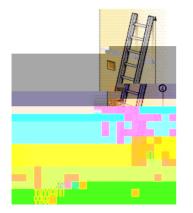


Figure 3 Ladder showing correct 1 in 4 angle NB Method of securing is not shown.

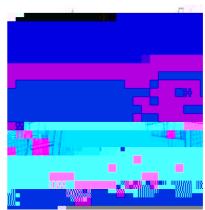


Figure 4 Access ladders tied and extending above the landing point

## Securing a ladder

To prevent the ladder slipping away from the wall, or slipping sideways, you must secure it. The options for securing a **Method of se** 

## Safety in use - stepladders

On a stepladder **do not:**