



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' - for 'heavy work' -

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:**

