

GRANDE BRETAGNE

Before use

a) Check your physical fitness before using a ladder.

Certain pathologies or medicines, overindulgence in alcohol or consumption of drugs can represent a danger;

b) When transporting a ladder on the roof rack of your vehicle or in a lorry, make sure that it is secured firmly to avoid causing any damage;

c) Before using the ladder for the first time, check it to ensure that all its parts are in good condition and operate correctly;

d) Before use, check the ladder visually to ensure that it has not been damaged and can be used in complete safety;

e) Regular checks are essential for professional users;

f) Check that the ladder is suitable for the job to be done;

g) Do not use a damaged ladder;

h) Clean the ladder of any foreign substances such as wet paint, mud, oil or snow;

i) Before using the ladder for professional purposes, risks must be assessed depending on the legislation in the country of use.

Positioning and putting up ladders

a) Ladders must be put up in the right position, i.e. at the correct angle (inclined at about 1 in 4), with the steps or rungs parallel for a leaning ladder, or completely open in the case of a trestle ladder;

b) Any locking systems equipping the ladder must be in the fully locked position;

c) Ladders must be placed on flat regular and firm surface;

d) Leaning ladders must always be placed on a flat solid surface and be stabilised before use, for example by using ties or any other suitable device for ensuring their stability;

e) Ladders must never be repositioned from a point high-up;

f) When installing a ladder take account of any possible risks of collision, e.g. collisions with pedestrians, vehicles or doors.

If possible, secure any doors (other than emergency exits) and windows on the site;

g) Identify all electrical risks on the worksite, e.g. overhead lines or any other bare electrical equipment;

h) Ladders must rest firmly on their treads and not be on rungs or steps;

i) Ladders must not be placed on any slippery surfaces (e.g. ice, shiny surfaces or sold surfaces clearly covered with foreign substances) unless other effective means have been taken to avoid the ladder slipping.

Otherwise, make sure that all dirty or contaminated support surfaces have been adequately cleaned.

Using the ladder

a) Do not exceed the maximum load allowed for the type of ladder in use;

b) Do not try to reach a point too far away from you; your waist should always be between the ladder's two uprights and your feet on the same step or rung whilst working;

c) Do not climb down a high leaning ladder without using an extra safety system (a tie or use of a suitable stabilising device for example);

d) Do not use a trestle ladder to get up to a higher level;

e) Do not stand on the top three steps or rungs of a leaning ladder;

f) Do not stand on the top two steps or rungs of a trestle ladder where there is no platform or support at hand or knee height;

g) Do not stand on the top four steps or rungs of a trestle ladder with an extension ladder on top;

h) Ladders should only be used for minor, short-duration jobs;

i) Use non-conductive ladders when working on jobs where electrical power is present;

j) Do not use ladders outside in unfavourable weather conditions (high winds for example);

k) Take all necessary precautions to prevent children from playing on ladders;

l) If possible, secure any doors (other than emergency exits) and windows on the site;

m) Climb up and come down a ladder facing it;

n) Hold the ladder firmly when climbing or coming down;

o) Do not use ladders as bridges;

p) Always wear suitable shoes for climbing ladders;

q) Avoid all excessive lateral constraints such as when using a drill in brick and concrete;

r) Do not stay too long up the ladder without making regular stops (fatigue risks);

s) To go up to higher levels, ladders should be extended at least one metre above the height to be reached;

t) Light-weight easy-to-handle equipment should be used when on a ladder;

u) Avoid works that create side loads on trestle ladders, e.g. for drilling hard materials (brick, concrete, etc.);

v) Hold onto the ladder with one hand when working. If this is not possible, other types of safety measure should be taken.

Repair, maintenance and storage

Repairs and maintenance must be carried out by a qualified person in compliance with the manufacturer's instructions. Ladders should be stored according to the manufacturer's instructions.