

## LADDERS

### TYPES OF LADDERS

1. Single ladder
2. Double ladder
3. Folding (single or double ladders)
4. Stable vertical ladder with safety ring



### SAFETY INSTRUCTIONS

1. Ladders should be used for short runs works (less than 30 minutes). Otherwise the use of platform is more secure.
2. If a job involves the transfer or use of large loads (greater than 10Kg) other methods may be preferable.
3. Do not overreach outside the ladder.

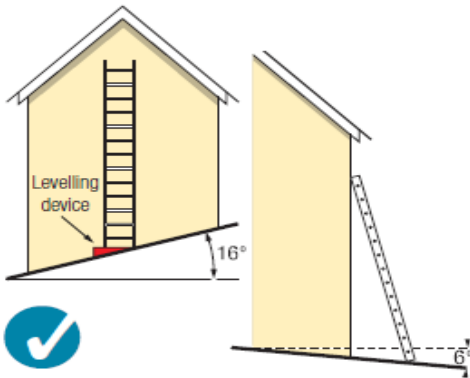


4. Avoid working on the side of the ladder.

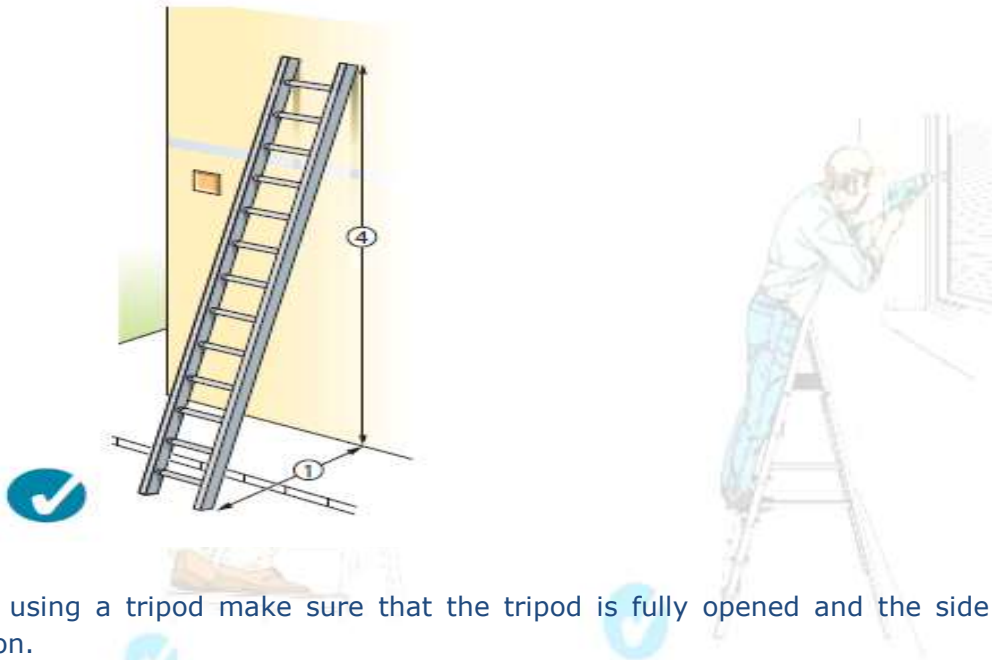


5. Ensure that always you leave at least one hand free when you carry objects on a ladder.

6. Do not place ladders on surfaces at an angle more than  $6^\circ$  perpendicular to the ladder or more than  $16^\circ$  parallel to the ladder.



7. Ladders should be placed at an angle of  $75^\circ$  with respect to the surface (rate 1: 4).



8. When using a tripod make sure that the tripod is fully opened and the side fuses are in correct position.
9. Avoid using the last three steps of the ladder.
10. For electrical works, use ladders or stairs with electrical insulation.
11. Before using a ladder check it visually to make sure that its condition is excellent.
12. If the ladder is used for access to another level check that it exceeds the floor of the upper level by at least one meter.
13. If you need to place the ladder in a place with traffic, you must take appropriate measures such as fencing and signage.
14. Before using the ladder, check the surrounding area (floor, wall, wires or other obstructions). Ensure the durability and stability of the installation location.
15. The floor or the ground on which the ladder is based must be a solid, stable, flat and non-slippery one. When the assembly is done on a non-rigid ground (sand, with gravels etc.), use a solid subbase sturdy enough to withstand the pressure exerted by the foot of the ladder.
16. The use of single or multiple folding ladder with manual or mechanical folding system is not appropriate for slippery surfaces. A double ladder is preferable to avoid the risk of slipping.
17. The ladder should be checked every time it is used. The inspection must be done by the user before and after each use.
18. Vertical fixed ladders should bear a protective safety ring above 2m.
19. All vertical ladders should be demarcated with the "no access to unauthorized personnel sign" and access should be physically restricted.
20. Climbing vertical ladders should be done wearing a safety harness.

## CHECKING POINTS

### Check treads

Do not use the ladder if the non-slip treads are missing or damaged. The ladder can slip.



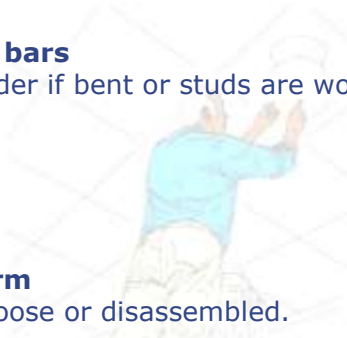
### Check levels

Do not use the ladder if they are bent, missing or loose. The ladder can become unstable.



### Check the safety bars

Do not use the ladder if bent or studs are worn / damaged. The ladder may collapse.



### Check the platform

Do not use if it is loose or disassembled.



### Check the stairs

Risk of slipping if they are dirty.  
Risk of collapse if the fasteners are loose.

