

# The 12 Days of LADDER SAFETY

*this Christmas!*

1. **ASSESS** if it's right to use a ladder.

Ladders can be appropriate for low risk and short duration tasks (max 30 mins).



2. **SELECT** the right equipment.

Does it meet the new (or previous) EN 131 standard or BS 1129 and BS 2037 (class 1) standards?

3. **FOLLOW** the manufacturer's instruction manual at all times.



4. **CARRY OUT** pre-use checks before set-up.

Is the ladder safe to use NOW? Check rungs, stiles, tread, feet, platforms, locking bars and fixings.



5. **POSITION** the ladder correctly.

A leaning ladder should be at a 75 degree angle. All feet of any ladder should be on the ground and any steps level.

6. **ENSURE** the ladder is long enough for the task in hand.



7. **CONSIDER** overhead power lines.

Consult HSE guidance for information on minimum safe distances.



8. **GET A GRIP!**

Maintain a firm handhold. Only let go when the task requires you to do so.

#getagripladder



9. **DO NOT** overload.

Think about the users weight and only carry light tools and festive decorations.



10. **BE CAREFUL** of side-on loading.

Take steps to avoid tipping over - face the work where possible or tie-in.



11. **CARRY OUT** regular detailed visual inspections.

Must be carried out by a competent person.



12. **GET TRAINED** to know when to use a ladder, understand the risks and learn how to use a ladder safely this Christmas.

FIND YOUR NEAREST APPROVED TRAINING CENTRE AT:  
[www.ladderassociation.org.uk/training/member\\_search](http://www.ladderassociation.org.uk/training/member_search)

