

1
DECIDE if it's right
to use a ladder

Ladders can be appropriate for low risk and short duration tasks (no more than 30 mins)



2
SELECT the right equipment

Does it meet current product standard?

Is it the right type of ladder for the task?



3
FOLLOW
the manufacturer's instructions at all times!



4
CHECK your ladder is in good condition

Before use - is it safe to use NOW?



Then, carry out regular detailed inspections

5 **POSITION** the ladder correctly

All feet should be on the ground and any steps level

A leaning ladder should be at a 75 degree angle



6
MAKE SURE the ladder is long enough for the task



7
CONSIDER overhead power lines

Check 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 for a short time

9 **DO NOT** overload

Consider your own weight and whatever you're carrying (i.e. festive decorations) - only carry light tools and materials



10
DON'T OVERREACH

Avoid this common mistake - it could result in the ladder toppling over! Re-position the ladder as necessary

11 **SECURE** your ladder



Tie-in, use a stability device, wedge, or foot the ladder (in that order - footing is the last resort)

12 **GET TRAINED** to know when to use a ladder (and when not to!), how to choose the right ladder and how to use it safely.

FIND YOUR NEAREST APPROVED TRAINING CENTRE & DOWNLOAD MORE FREE LADDER SAFETY GUIDANCE AT:

www.ladderassociation.org.uk