

# 12 Days of **LADDER SAFETY**

**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](http://www.ladderassociation.org.uk)