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ladder

for four up.

stood on.



Take care when carrying the ladder that the

end does not swing out of control and injure someone or cause damage. When climbing up or down use both hands on

the stiles or on the rungs. Do not try to carry tools or equipment: use a toolbelt, pouch or shoulder bag. Alternatively, tools could be

lifted by rope once you are in position. Always face the ladder when working: do no

twist around to work facing away from the

When working, you must always keep one hand and both feet firmly on the ladder and

Do not overreach sideways. You should climb

Whenever you move the ladder you should

check that it is set to the correct angle: one out

Do not climb higher than the fourth rung from

the top, or the ladder may become unstable. The top three rungs can be held on to, but not

time: never slide or jump. If the ladder is to remain in position when

nded, for example overnight, th should make it secure to prevent unauthorised

11. If the ladder is to remain in position for long

If you ladder is faulty or appears to be damaged, do not attempt to repair it. Contact

keep it until you finish work.

the hire company. You may want to read this leaflet again. Please

e.ora.uk

instructions in reverse order

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LONG LADDER

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READER LADDER

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Useful Reference Points • www.hae.org.uk/businessguard

JNO.

Take the section headed "Tying in or tooting".

You should tie or foot your ladder before use

the ladder is secure at the correct angle of one

raising the ladder upright. Rest the top against the surface and check that

As soon as your work mate can reach the ladder without straining he should assist in

ladder by moving your hands from rung to rung

town towards the base, raising your end of the

himity on the bottom rung. You should then lift the

it will be when erected. A reliable person should stand at the base and put one foot, or both feet,

Lay the ladder flat with the base at the spot where

Take the ladder down by following these

and move the base out to give the correct

Rest the top of the ladder against the surface

your hands from rung to rung until the ladders

Lift the other end above your head and walk towards the base, raising the ladder by moving

Lay the ladder flat with the base against the

If you are using a short ladder you can erect it yourself. To erect a long ladder safely, you need two or three people.

Make sure that you understand the hazards and precautions before you start work.

a special tray which hooks onto the rungs to carry paint pots or small tools. Contact the

Do not hold extra tools in your other hand: use

e company if you need this equipment.

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e of one out for four up.

l you are going to climb.

ERECTING THE LADDER

top end of the ladder above your head and w

ladder is upright. Take care not to harm

w.hae.org.uk

periods, inspect it for safety and damage eac time you come to use it, and at least once

ays climb down properly one rung at a

vith the other hand.

down and move the ladder.





Ladder

There are rules and procedures in force that may require the person responsible for this equipment to carry out a specific risk assessment. This leaflet is not a substitute for a properly executed risk assessment.

- 1. Plan your work and think ahead to make sure you will always be
- working safely. This ladder is designed to be used only as a leaning ladder, at the correct angle of "one out for four up".
- Work at height should only be done by people who have th necessary knowledge, skill and resources to do the job safely. This ladder can cause injury or damage if it slips or if you fall. It can also cause injury or damage if it slips or if you fall. It can л
- also cause injury or damage while it is being moved or erected. Use it in a careful and controlled way. If you have not used a ladder of this type or size before 5.
- niliarize yourself with erecting, adjusting and securing it You must have a least the following items of personal protective
- 6 equipment: Safety helmet (EN397 or B55240); Safety boots (EN345 or BS1870/4972) or strong sh with soles that will not slip; Sensible clothing.
- The ladder must not be used by minors, or by anyone under the influence of drugs or alcohol. The ladder is designed for use by an able bodied adult. Anyone with either temporary or permanent disability must seek expert advice before using it.

WORK AREA AND CONDITIONS

- Make sure that the area is clear and safe and that no one is near to you or could distract you 1. 2
- Prevent other needs or vehicles from colliding with the ladder. Warn others to keep away: put up warning signs or barriers around your work area. Check all of your work area for any overhead electric cables: you must keep well away from them. If 3
- you need to move your ladder through any area where there are overhead cables, you must carry it horizontally. 4 Check for overhead obstructions high up where you will place the top of your ladder.
- 5 If the chute is to be fixed to a scaffold, the scaffold erector must be told in advance that a rubbish chute is to be used in order that provision can be made for it.

(continued...)

ading. HAE/EHA cannot accept respo accurate and not misl sibility for any loss or liability p to have arisen from the use of any such document/material. Only Acts of Parliament and Statutory Instruments uthoritatively interpret the law



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vorking on the ladder at any one time.

- isun supports, or on platforms to gain extra height: when you climb them they will become Do not erect ladder on top of blocks or
- DACKWARDS. fumer dos eus lo 'spiewino fundais jenos

away Irom the wall at the base. alonuq uee mr ed of st -AVOUB

and used at the correct angle of aning ladders must be set əi IIA .denavo

- For an extension ladder over six metres long .dsneve senap.
- metres long when closed allow at least thre For an extension ladder between five and six
- .dsnevo iong when closed allow at least two rungs
- For an extension ladder up to five metres not extend it beyond its sate limit.
- If you are using an extension ladder, you must
- peyond the root, or platform. The "stepping the set of the set of
- old onto or the top three rungs. Use these top rungs to

3

- If tying in is impractical, use a reliable work mate to foot the ladder all the time that someone is using them. The person footing should stand facing the ladder as if to climb, placing one fact or both fact firmly and the 5. placing one foot or both feet firmly on the rung and grasping a stile firmly in e hottom hand. They must stay alert and attentive at all
 - A ladder which is being tied in at the to should have someone footing it while it is being secured.

CONSTRUCTION SITES

On construction sites, the Construction (Health, Safety and Welfare) Regulations 1996 place duties on the users of ladders, according to what the ladders are used for 1. In all cases, the use of ladders is only allowed

- 1. if it is reasonable having regard to work, duration and risks. All ladders must be duration and risks. All ladder erected so as not to be displaced.
- When used as access to a place of work from an area which is not place of work, ladders over 3m when in use should be sufficiently secured to prevent slipping and falling, or if this is not practical then they are to be footed
- When used for access from one place of work to another place of work, ladders should be sufficiently secured to prevent slipping and falling.
- When used a s a place of work, ladders over 3m when in use should be sufficiently secu to prevent slipping and falling, or if this is not practical then they are to be footed.
- wear a safety helmet (EN397 ays or BS5240) on a construction sit

USING THE LADDER

1. Wear your protective equipment, including your safety helmet.

Please keep this leaflet safely. It may be required for further information



Email

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- s/s the top slipping side bottom from slipping out but is unlikely to stop The bottom of the ladder can be tied to stakes driven into the ground. This can prevent the ·• ·6uddu
- the structure, can help stop the ladder from Alternatively, ropes tied one to each stile about five rungs high, then carried across and tied to 3 the supporting structure.
- by the stilles at the top to a substantial part of ldeally the ladder should be tied or strapped .s
- ladders: see the section headed "Construction There are regulations relating to some uses of seutisi in some situations of tot some tasks if it is secured against move ment. This may be I he isader will be more secure and much safer
- TYING IN OR FOOTING

one out tor tour up.

- move the base out to give the correct angle of ladder. You can then extend the ladder, and A rope operated extension ladder should be erected following the instructions given from a solve for a short scheder, or 1 above, for a long .4
- rungs. Then erect tollowing tr from 1. Above for a long ladder. Then erect following the instructions
- extension hooks are properly engaged on the Adder by more than 2 metres, lay the ladder flat, with the base at the spot where it will be when erected. Extend the ladder to the required length, making sure that the extension hooks are properly engaged on the extension hooks are properly engaged on the
- It you need to extend a push-up extension level, and adjust the base to give you the correct angle of one out for four up.
- given from 1. above for a short ladder. You should then extend the ladder from ground as tor a short ladder, tollowing the instructions If you need to extend a push-up extension ladder by less than 2 metres, you can erect it to fadder by less that a fadder following the instruction ·7
- from the ground. Never attempt to climb part way up a ladder and then extend it. An extension ladder must only be extended

EXTENSION LADDER



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effort has been made by HAE/EHA to ensure that the information given in this docum have the force of law and only the courts can a

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Make sure the rungs are clean, and not

ο μοι πεθ αηγιτιτις τουτία αλπάθεα – contact

Check your equipment, including the stilles

od to wear appropriate personal protective

Anybody who is working near to you will also

ou should wear a safety helmet (EN397 or

-articular Jobs or environments may require a

e worn whenever you are using the ladder

equipment (ppe) are the minimum and that should

The following items of personal protective

Do not erect or use the ladder in windy or wet

ergua ou - couract the nife company it you

ructure that is not strong enough to support for example guttering. You should use a

Do not position your ladder up against any

the bottoms of the stilles to the stakes driven into the ground. This will prevent the ladder

whenever possible. Do not use it on slippery

Erect the ladder on firm level dry ground

den board under the ladder's feet and tie

el of protection.

CHECKING VND

(the uprights of the ladder), rungs, and fittin

www.use.org.uk vensue. เมฆเติมชุย.org.uk :lism3 44 (0) 121 380 4600 44 (0) 121 333 4109 uoydəjə



you climp mem mem volue. Contact the hire company if you 's and other access ed a longer ladder or any other

olle minimizes the risk of the base of the siut

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off" rung should be at the same height as th

If you plan to use the ladder to get on a roof, or on to a scatfold platform, you must have at

σει τελεί γου νοικ ροσιτιού ωπουτ σταπαίη Your ladder must be long enough so that you

clothing that could catch on the ladder, or g in your way when climbing and descending. m4 ta liad of a bring price of a wall at 4m one measure away from the wall, with the top four measures up the wall. For example, a Make sure that you have no loose or flapping dils-non dilw seong grong strong shoes with non-slip one out for four up. This means the base of the ladder should be should wear safety boots (EN345 or construction site you must wear a neimet at all BS5240) whenever you are working at height, or near a raised working platform. On a

vhen closed allow at least four rungs