

ACCESS LADDERS UK LTD

L ADDER SAFETY AND AWARENESS

A CCESS

It is essential to keep access to your ladder(s) clear at all times. If the entry or exit of a ladder is obstructed then the safety of those using the ladder is put at risk.

Wait for the person before you to exit the ladder before ascending or descending and make sure no one accesses the ladder before you exit.

D AMAGE

Periodic inspection of your ladder(s) is essential for maintaining safe operation. A log is recommended for each inspection to be recorded. Examples of components to check once a quarter:

- Loose, worn or damaged rungs, side/hand rails and brackets.
- Corroded bolts, anchors, brackets and cage.

D RESS

Wear appropriate clothing when using a ladder. Footwear with a good grip, and a heel, will reduce the risk of slipping on the rungs when ascending or descending.

Inspect your clothing for damage and cleanliness. Oily substances, even water, will dramatically reduce the frictional value of most materials. Palms of gloves and soles of shoes are at greatest risk.

E QUIPMENT

Avoid carrying equipment in your hands when climbing a ladder, remember, maintain *three-point contact* at all times. Use a hand-line to raise and lower tools, equipment and / or materials.

Keep cutting tools, chemicals and heat sources away from the ladder to prevent damage and potential injury.

R ESPECT

It is essential to show respect when using a ladder. Always face the ladder, centralise your body, use both hands to grip the rungs and firmly place your feet on each rung. Never jump from a ladder.

When ascending, or descending a ladder, three-point contact must be maintained - two hands and one foot, or one hand and two feet must be on the ladder at all times.

S ECURITY

To eliminate unauthorised people using your ladder(s) it is recommended to install a security system. Our two-piece security plate covers the bottom 2 metres of the ladder and is secured with a padlock.

A safety gate may be installed at the summit of the ladder to offer security from above access. The safety gate is designed to help prevent people from falling down the ladder too.