

BEFORE USE

- Read all instructions on and accompanying the ladder
- Check the maximum load indicated on the ladder
BS 2037 Class 1 Duty Rating: 130kg (20st) Max. Vertical Static Load: 175kg (27.5st)
EN131 Duty Rating: 115kg (18st) Max. Vertical Static Load: 150kg (23.6st)
BS 2037 Class 3 Duty Rating: 95kg (15st) Max. Vertical Static Load: 125kg (19.7st)
- Ensure that you are fit enough to use a ladder. Certain medical conditions or medication, alcohol or drug abuse could make ladder use unsafe
- Ensure the ladder is suitable for the task
- Visually check the ladder is not damaged and is safe to use at the start of each working day when the ladder is to be used
- Remove any contamination from the ladder, such as wet paint, mud, oil or snow
- When transporting ladders on roof bars or in a truck, ensure they are suitably placed to prevent damage
- Inspect the ladder after delivery and before first use to confirm condition and operation of all parts
- Before using a ladder at work a risk assessment should be carried out respecting the legislation in the country of use
- For professional users regular periodic inspection is required
- Do not use a damaged ladder

POSITIONING THE LADDER

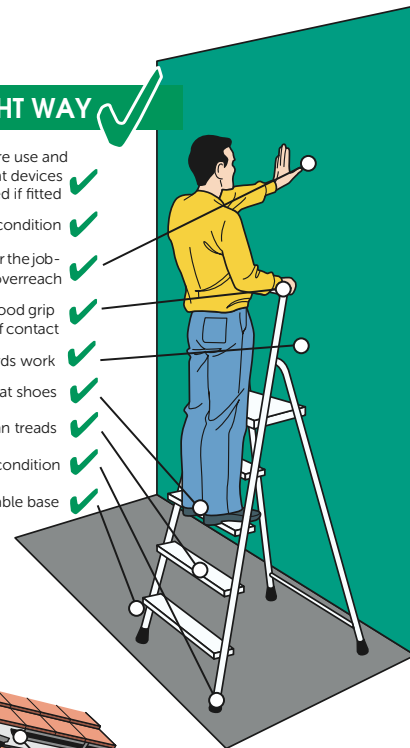
- When positioning the ladder take into account risk of collision with the ladder e.g. from pedestrians, vehicles or doors. Secure doors (not fire exits) and windows where possible in the work area
- Ladders shall not be positioned on slippery surfaces (such as ice, shiny surfaces or significantly contaminated solid surfaces) unless additional effective measures are taken to prevent the ladder slipping or ensuring contaminated surfaces are sufficiently clean
- Identify any electrical risks in the work area, such as overhead lines or other exposed electrical equipment
- Ladder shall be erected at the correct position with the rungs or treads level and complete opening of a standing ladder
- Locking devices, if fitted, shall be fully secured before use
- Ladder shall be stood on its feet, not the rungs or steps
- Ladder shall never be repositioned from above
- Ladder shall be on an even, level and unmovable base

USING THE LADDER

- Do not exceed the maximum total load for the type of ladder
- Do not over-reach, users should keep their belt buckle (navel) inside the stiles and both feet on the same step/rung throughout the task
- Maintain a handhold whilst working from a ladder or take additional safety precautions if you cannot
- Avoid excessive side loading e.g. drilling brick and concrete
- Keep a secure grip on the ladder when ascending and descending
- Avoid work that imposes a sideways load on standing ladders, such as side-on drilling through solid materials (e.g. brick or concrete)
- Face the ladder when ascending and descending
- Wear suitable footwear when climbing a ladder
- Do not use standing ladders for access to another level
- Do not stand on the top two steps/rungs of a standing ladder without a platform and hand/knee rail
- Do not stand on the top four steps/rungs of a standing ladder with an extending ladder at the top
- Use non-conductive ladders for unavoidable live electrical work
- Do not use the ladder outside in adverse weather conditions, such as strong wind
- Take precautions against children playing on the ladder
- Secure doors (not fire exits) and windows where possible in the work area
- Do not use the ladder as a bridge
- Ladders should only be used for light work of short duration
- Do not spend long periods on a ladder without regular breaks (tiredness is a risk)
- Equipment carried while using a ladder should be light and easy to handle

THE RIGHT WAY

- Fully open before use and ensure restraint devices are engaged if fitted ✓
- Step in good condition ✓
- Right height for the job - do not overreach ✓
- Good grip ✓
- 3 points of contact ✓
- Front towards work ✓
- Correct flat shoes ✓
- Clean treads ✓
- Four feet in good condition ✓
- Firm, level and unmovable base ✓



THE WRONG WAY

- Do not step off side of ladder ✗
- Overhead hazard ✗
- Wrong height step for the job - overreaching ✗
- No grip on step only 2 points of contact ✗
- Standing on top handrail ✗
- Slippers - incorrect footwear ✗
- Loose tools ✗
- Working side on ✗
- Slippery treads ✗
- Uneven soft ground, no flat board ✗
- Damaged stiles & treads ✗
- Missing feet ✗



REPAIR, MAINTENANCE AND STORAGE

- Repairs and maintenance shall be carried out by a competent person and be in accordance with the producer's instructions
- Ladders should be stored in accordance with the producer's instructions



Replacement spare parts are available to order online at www.abruladders.co.uk or over the phone on **0333 003 3245**