Safe use of ladders

- Only use suitable ladders. Do not use defective ladders and report defects.
- Only put up ladders on a weight-bearing and flat surface.
- Protect the ladder against slipping or falling over, for example by ladder feet.
- Ladders in the traffic area of vehicles, lifting devices, in the opening area of windows, doors:
 - o Measures against bumping (for example: barriers, traffic guard).
 - o In case of poor visibility, darkness: clearly visible warning lights.
- The employee must be with both legs on the ladder rung when carrying out work.
- When using ladders, suitable footwear must be worn.



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SGU - Action Plan 2015



Focus

Climb to Plan:

"Handling of Ladders - for the Safety of our Employees"

Use of ladders in the field of inhouse traffic

What should be considered when handling ladders and stairs? Experience shows that working with ladders is more dangerous than with other work equipment.

Every year, around 26,000 accidents at work involving leaders occur in the industrial and public service sectors. The use of ladders has repeatedly resulted in the past in accidents with serious injuries. Often the leaders did not withstand the daily burdens. It is therefore important to know the intended operating conditions and to take these into account.

Every employee who uses ladders and stairs has a duty to cooperate for safety and health protection.



Safely up and down

Already when purchasing a ladder and here especially the right choice of the suitable ladder feet can prevent slipping and tipping of ladders.



The rungs and steps of ladders must be free from dirt. Firm footwear with a sufficiently profiled sole as well as ladders with profiled rungs and steps help prevent slipping.

In addition, ladders must be put up on a sufficiently weight-bearing and stable surface. In the case of single ladders, attention must also be paid to a safe mooring point.

Inspections

The contractor must ensure that ladders and steps are regularly checked for

proper condition. To this end, the nature, extent and deadlines of necessary inspections must be specified. In order to record all ladders, it is good practice to number the ladders.

Regardless of the regular inspections, ladders must be subjected to a visual and functional inspection for suitability and condition before each use by the user. Detected cracks in the material, loose rungs and missing anti-slip feet prohibit the use. Ladders with such defects must be withdrawn from further use.



In a regular inspection, it is important to pay particular attention to:

- Deflection
- Material weakening
- Fractures and cracks
- Condition of the ladder feet

Repair

By using original spare parts of the manufacturer, small repairs on ladders may be carried out by appropriately qualified persons without hesitation. The time intervals for the inspection depend on the operating conditions, in particular, on the frequency of use, the load during use and the frequency and severity of deficiencies found in previous inspections.

Deformed ladders or ladders with damage must be discarded and rendered useless. All instructed employees can replace worn ladder shoes. For this purpose, the corresponding ladder shoes must be provided on site.



Attention when handling ladders!