
















## LADDER RULES

In addition to the fall risk triggers as listed in our March 2021 Safety Bulletin, to assist the user and the employer, we have summarised the safe use of ladders into the following ladder rules.

**WARNING:** These rules do not substitute the manufacturer's safe use instructions, supplied with all ladders, or company risk assessment. (Reference EN 131:2018)

1.		Be aware of the fall risk; a fall from the ladder may result in serious injury or death.
2.		Proper training is essential before use.
3.		Ladder must be fit for purpose as per manufacturer's instructions.
4.		Do not use near electricity if you are not trained and declared competent to do so.
5.		Use the 3-point of contact rule or take additional safety precautions if you cannot do so safely while working.
6.		Avoid work that imposes a sideways load on ladders, such as side-on drilling through solid materials.
7.		Do not use a damaged ladder (pre-use check).
8.		Do not exceed maximum total load capacity / number of users.
9.		Do not use the ladder on a unlevel or unfirm base.
10.		Do not overreach.
11.		Do not erect the ladder on contaminated ground.
12.		Do not ascend or descend unless you are facing the ladder.
13.		Do not carry equipment which is heavy or difficult to hold by hand. Use appropriate tool bags.

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