

### What?

- Ladders and stepladders are pieces of equipment which primarily provide access but also can be a platform for some types of work at height.
- Around two million ladders are in daily use across the UK.
- Steps and ladders should only be used for short duration work.



### Why?



- A third of all reported fall-from-height incidents involve ladders and stepladders – on average this accounts for 14 deaths and 1,200 major injuries to workers in the UK each year. Many of these injuries are caused by inappropriate or incorrect use of the equipment.
- Steps and ladders must be inspected on a regular basis to check for faults or damage and any defect should be reported immediately and the equipment withdrawn from use.
- Ladders should be positioned correctly and used safely.

### Do ✓

- ✓ Visually inspect before use and on a regular basis
- ✓ Ensure ladders are placed on a firm level surface
- ✓ Ensure ladders are securely fixed at the top or footed at the bottom
- ✓ Ensure ladders are positioned properly (1 foot away from wall for every 4 foot up)
- ✓ Check step ladders are fully extended
- ✓ Make sure you always have a hand hold – maintain 3 points of contact (i.e. two feet and one hand)

### Don't ✗

- ✗ Don't use damaged or defective equipment – withdraw them from use
- ✗ Don't paint ladders or steps - it could cover defects
- ✗ Don't allow any more than one person on the ladder at one time
- ✗ Don't over-reach - move the ladder instead
- ✗ Don't rest the ladder against fragile or unstable material
- ✗ Don't carry tools or equipment - use a shoulder bag or tool belt

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