

# SAFE WORKING WITH LADDERS



## Risks



Injuries caused by falling



## PPE for safety



S3 safety shoes



## Measures

### 1. Before starting work



Use a ladder that complies with NEN 2484 and that is long enough



Follow the instruction about how to work safely with a ladder



Check the surface (stable and firm)



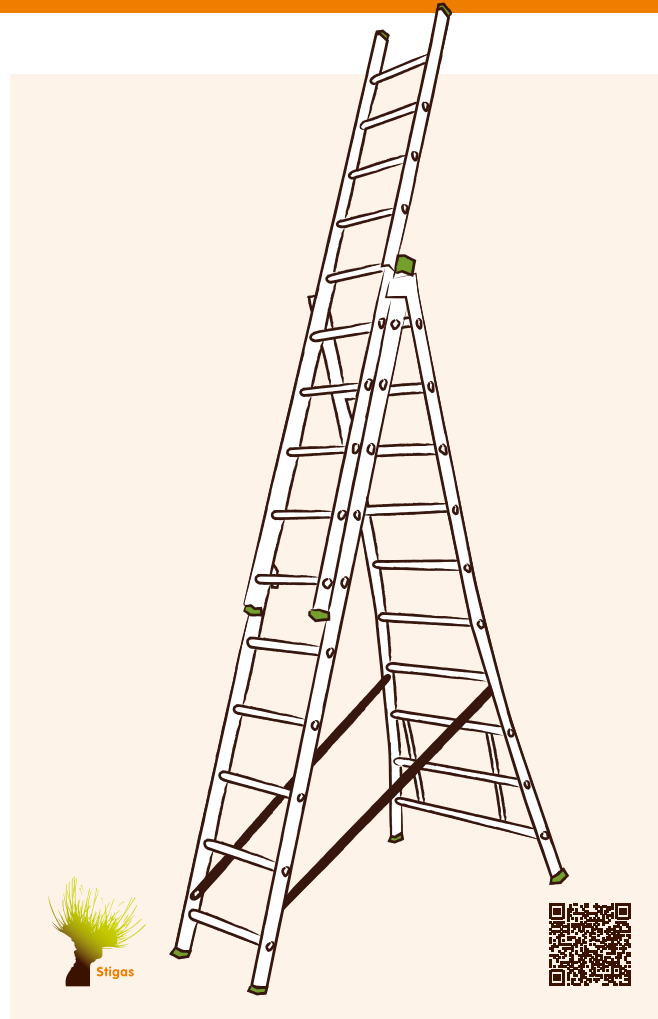
Check the ladder for damage and the condition of the ladder pads



Check whether the ladder falls within the inspection period



Only use a ladder if you cannot work with an aerial work platform or mobile scaffold



Call in the event of emergency or breakdown

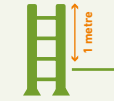
### 2. Execution



Secure ladder against slipping



The angle of the ladder is approx. 75°



The ladder extends at least 1 metre beyond the point to be reached



Face the ladder when climbing up



Don't carry things in your hands when climbing



Don't use the upper two rungs



Don't work on the ladder for more than one hour



Reach no more than 1 arm's length

### 3. After completing work



Protect the ladder against weather influences during storage



Prevent unauthorised use (e.g. by children)

### 4. Extra



Inspect the ladder every year