



# Ladder Safety Essentials

1

## Use the Right Equipment

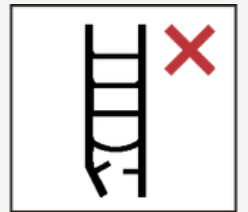
- Use the correct ladder or access equipment for the task.
- Use non-conductive glassfibre ladders for electrical work.
- Only use ladders if trained and competent.



2

## Check Before You Climb

- Inspect ladder before every use.
- Check feet, rungs / treads, stiles, and locks.
- Never use a damaged ladder.



3

## Set Up Correctly

- Place ladders on firm, level ground.
- Use the 4-to-1 angle rule for **leaning ladders**.
- Lock rung locks and spreader bars before use.



4

## Don't Stand Too High

- Never stand on the top three treads of a **step ladder**.
- Extend **leaning ladders** at least 1m above where you are standing.



5

## Don't Overreach

- Keep three points of contact.
- Keep your body centred between the stiles.
- Avoid work that imposes a sideways load on ladders.



6

## Climb Safely

- Wear suitable footwear.
- Do not exceed the maximum load.
- Do not use ladders in strong winds or if unfit to work.

