

STEP LADDER

Instruction Manual

BEFORE USE

- Read all instructions on and accompanying the ladder.
- Maximum load for this ladder is:
EN131 Duty Rating: 115kg (253lbs). Max vertical static load: 362kg (800lbs)
- Ensure that you are physically fit enough to use a ladder. Certain medical conditions or medications, alcohol or drug abuse could make ladder use unsafe. Ensure the ladder is suitable for the task at hand.
- Visually check the ladder is not damaged and is in safe working condition before each use.
- Remove any contamination from the ladder, such as wet paint, mud, oil or snow.
- When transporting ladders on roof bars or in a truck, ensure they are suitably placed and securely fixed to prevent damage or injury.
- Inspect the ladder after delivery and before first use to confirm condition and operation of all parts.
- Before using a ladder at work a risk assessment should be carried out respecting the legislation in the country of use.
- For professional users regular periodic inspection is required.
- Do not use a damaged ladder.

POSITIONING THE LADDER

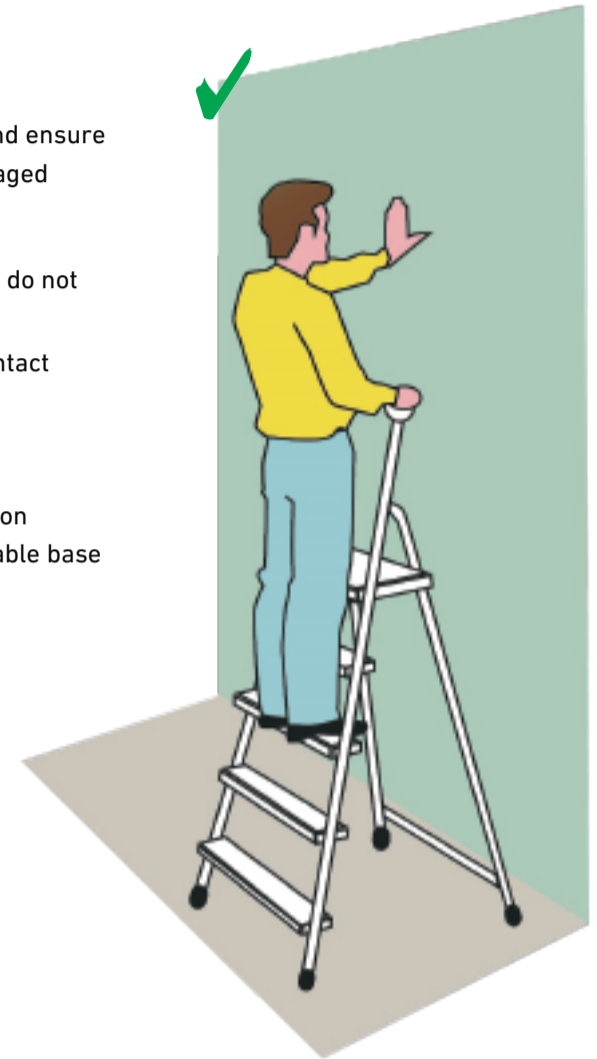
- When positioning the ladder take into account risk of collision with the ladder e.g from pedestrians, vehicles or doors. Secure doors (not fire exits) and windows where possible in the work area.
- Do not position the ladder on a slippery surface (such as ice, shiny surfaces or significantly contaminated surfaces) unless additional effective measures are taken to prevent the ladder slipping or ensuring contaminated surfaces are sufficiently clean.
- Identify and be aware of any electrical risks in the work area, such as overhead lines or other exposed electrical equipment.
- Ladder shall be positioned with rungs or treads level and complete opening of ladder.
- Locking devices, if fitted, shall be fully secured before use.
- Ladder shall be stood on its feet, not the rungs or steps.
- Ladder shall never be repositioned from above.
- Ladder shall be on an even, level and unmoveable base.

USING THE LADDER

- Do not exceed the maximum total load stated on this ladder.
- Do not overreach, users should keep their belt buckle (navel) inside the stiles and both feet on the same step/rung throughout the task.
- Maintain a handhold whilst working from a ladders or take additional safety precautions if you cannot.
- Keep a secure grip on the ladder when ascending and descending.
- Avoid work that imposes a sideways load on standing ladders, such as side-on drilling through solid materials (e.g. brick or concrete).
- Face the ladder when ascending and descending.
- Wear suitable footwear when climbing ladder.
- Do not use standing ladders for access to another level.
- Do not stand on the top two steps/rungs of a standing ladder without a platform and hand rail.
- Do not stand on the top four steps/rungs of a standing ladders with an extending ladder at the top
- Use non-conductive ladders for unavoidable live electrical work.
- Do not use the ladder outside in adverse weather conditions, such as strong wind.
- Take precautions against children playing on the ladder.
- Secure doors (not fire exits) and windows where possible in the work area.
- Do not use the ladder as a bridge.
- Ladders should only be used for light work of short duration.
- Do not spend long periods on a ladders without regular breaks (tiredness is a risk).
- Equipment carried while using a ladder should be light and easy to handle.

THE RIGHT WAY

- Fully open before use and ensure restraint devices are engaged if fitted
- Step in good condition
- Right height for the job - do not overreach
- Good grip 3 points of contact
- Front towards work
- Correct flat shoes
- Clean treads
- Four feet in good condition
- Firm, level and unmoveable base



THE WRONG WAY

- Do not step off side of ladder
- Overhead hazard
- Wrong height step for the job-overreaching
- No grip on step - only 2 points of contact
- Standing on top handrail
- Slippers-incorrect footwear
- Loose tools
- Damaged stiles & treads
- Slippery treads
- Missing feet
- Uneven soft ground