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6. Ladders should only be used for light work of short duration.
 7. Do not use the ladder outside in adverse weather conditions, such as strong wind.
 8. Take precautions against children playing on the ladder.
 9. Face the ladder when **ascending** and descending.
 10. Keep a secure grip on the ladder when ascending and descending.
 11. Do not use the ladder as a bridge.
 12. Wear suitable footwear when climbing a ladder.
 13. Avoid excessive side loading e.g. drilling brick and concrete.
 14. Do not spend long periods on a ladder without regular breaks (tireless is a risk)
 15. **leaning** ladders used for access to a **higher** level should be extended at least 1m above the landing point.
 16. Equipment carried while using a ladder should be light and easy to handle.

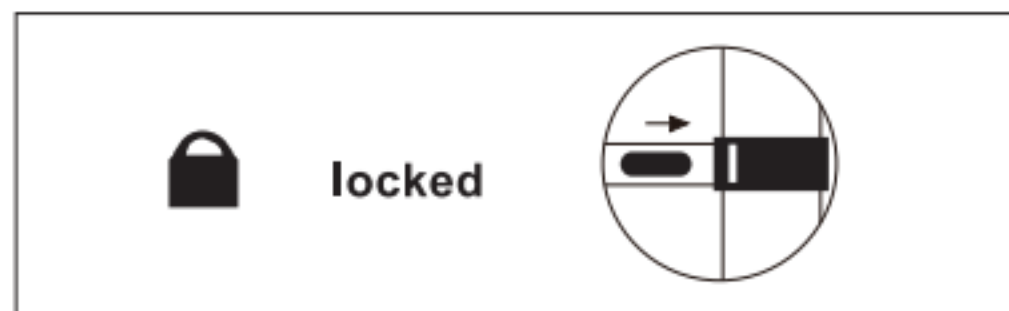
Open the ladder:

Automatic locking: each rung of your ladder has 2 locking pins which are blocked, they automatically insert into the slots of the uprights in place when the ladder is extended.

The condition of the lock is of the two black buttons the side of each rung is displayed:

Unlocked position: There is a gap between the buttons and the Spar.

Locked position: The buttons are located directly on to leg.



Complete **extension** of the ladder:

Place the ladder on a firm and level ground, move one foot on the lowest rung.

Unfold the top-rung and check if the buttons are locked. Repeat the process with each of the next lower rung, until the arms are completely extended.