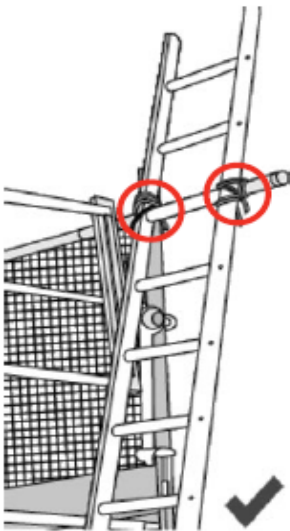


## General Guidelines for Ladder Safety

1. Avoid contact with live wire, aluminium ladder conducts electricity.
2. Keep ladder on levelled surface.
3. Do not use ladder in front of unlocked doors.
4. Do not attach anything on/under the ladder to gain height.
5. Do not overload the ladder.
6. Have someone to hold the ladder if possible.
7. Never move ladder while on it.
8. Do not over reach.
  
9. In case of extension ladders, do not operate the extending device while using the ladder. Vacant the ladder, readjust it to suit your requirement and re-use.
  
10. Face the ladder when climbing up or descending, never climb from the side.
11. Keep the body inside the side rails.
12. Carry tools in a tool belt or raise tools up using a hand line. Never carry tools in your hands while climbing up/down a ladder.
13. Do not use ladder where it can be struck by vehicles. Use the ladder where the general public are prevented from using it, walking underneath it or being at risk because they are too near (protect the area using barriers, cones or, as a last resort, a person standing guard at the base)
14. DO NOT use ladders with broken or missing steps, rungs, cleats, safety feet, side rails, or other defects
15. Do not use ladders in high winds
16. Maintain Minimum overlap in case of extension ladders
17. Maintain a 3-point contact (two hands and a foot, or two feet and a hand) when climbing/descending a ladder.
18. DO NOT USE Ladders if you tire easily, are subject to fainting spells, are using medicine or alcohol or are physically impaired.
19. Do not leave ladder setup unattended
20. Keep ladder always clean.
21. Securely store the ladder to avoid theft.
  
22. Withdraw damaged ladders immediately from service for repair or destruction.
23. Never store materials on a ladder.
- 24.. Make sure that ladders are properly supported, no material is stored on ladder and is secured when in transit. Vibration and bumping against other objects can damage them.
  
- 25.. Metal bearings of extension ladder rung locks and pulleys should be lubricated periodically, and between regular maintenance periods whenever necessary.
26. Ropes on extension ladders should be in good condition. If they become frayed or badly worn, replace them

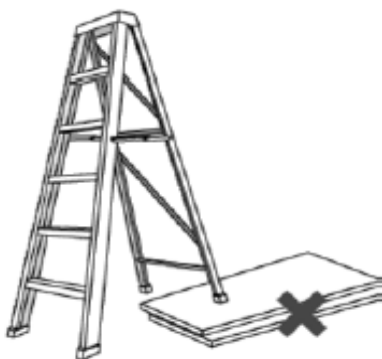
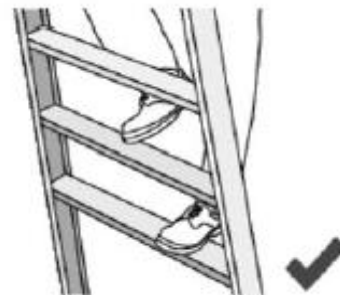


Use the right ladder for the job. For example, ensure the ladder is high enough for you to reach your work area without having to stand on the top rung.



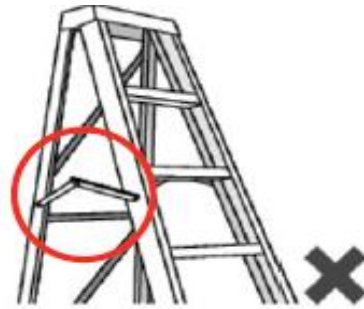
When using ladders to access another level, secure and extend the ladder at least 3 feet above the landing point to provide a safe handhold.

Wear proper footwear (e.g., non-slip flat shoes).



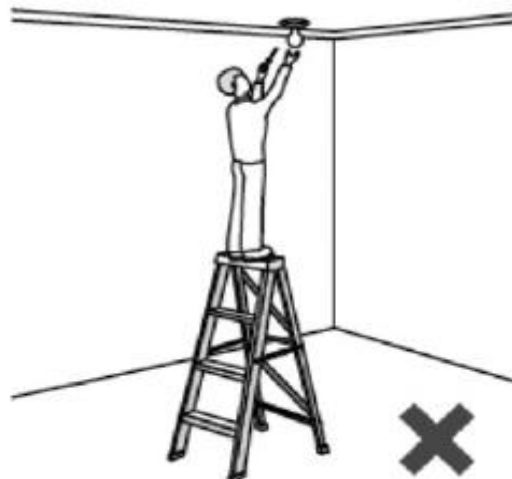
Place the ladder on stable and level ground. **DO NOT** place it on an uneven surface.

Ensure that the ladder is fully extended before starting work.



Prevent passersby from walking under or near ladders in use by using barriers (e.g., cones) or getting your coworker to act as a lookout.

Do not work on the top rung of the ladder.



Do not carry any tools or materials in your hands when climbing a ladder.

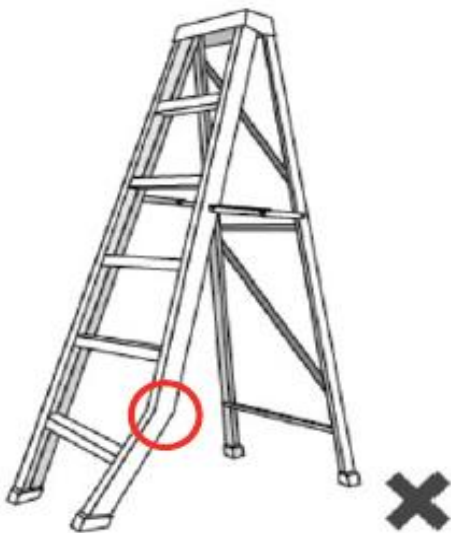
**No lleve en la mano herramientas o materiales al subir la escalera.**

Do not lean away from the ladder to carry out your task. Always keep your weight centered between the side rails.



Do not use ladders near doorways. If you need to use a ladder near a doorway, make sure that the door is locked.

Do not use faulty ladders such as these:



Do not use the ladder if it is bent.