

Preventing falls from a ladder

➤ Manager

- 1) Visit the work site and assess the risks before taking on the job
- 2) Plan the job – is it reasonably practicable to use another means of access?
- 3) Ladders should only be used for light work of short duration
- 4) Ensure the correct equipment is available, including ladder stability aids
- 5) Before work starts, check that the conditions are according to your plan

➤ Worker

- 1) Take the time to work safely
- 2) Check the ladder before use, if you find defects, do not use
- 3) Secure the ladder correctly by tying or other means
- 4) Maintain three points of contact whilst on the ladder
- 5) Contact your boss, if you have any concerns

➤ Planning - Prioritising decisions and managing risks

- 1) Can you eliminate the use of a ladder through better alternatives (e.g. fixed scaffold, mobile tower, cherry-picker or scissors). Note: if the nature of the job means that the worker cannot maintain three points of contact at all times, then you must find a better alternative

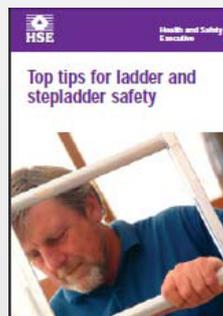
Where ladders are used:

- 2) The ladder must be secured to prevent it slipping. Options include:
 - Tying the ladder to the building (using anchor bolts etc)
 - Having a person footing the ladder
 - Using ladder stability devices
 - For access to a roof use a proprietary roof ladder
- 3) Put in place a simple system to make sure your ladders are inspected and maintained regularly.
- 4) Use the online resources from HSE below to inform and instruct your workforce

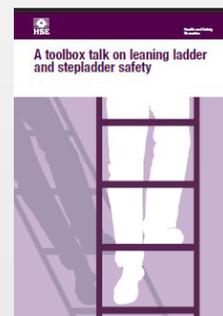
➤ Links



Safe use of ladders and stepladders
<http://www.hse.gov.uk/pubns/indg402.pdf>



Top tips for ladder and stepladder safety
<http://www.hse.gov.uk/pubns/indg405.pdf>



A toolbox talk on leaning ladder and stepladder safety
<http://www.hse.gov.uk/pubns/indg403.pdf>

➤ Record your Site Briefing Here

Who has been briefed

I confirm that I have briefed these people on the Key points of the HSE Step3 guidance note on behaviours that can prevent accidents

Signed off by _____

➤ Concerns Raised At The Briefing

➤ Changes implemented or actions planned

➤ SLAM

STOP work if you find yourself in danger - this is your right in Law

Look around you before taking any action, is anybody else at risk

Assess the situation, take a few minutes to think through the actions you should take to put things right

Manage the risks as the job goes on, anticipate and control risk before the problem emerges