



User instructions for ladders



Before use

- Are you in enough physical condition to use the ladder? Specific health conditions, medications, or drug abuse may affect security negatively when the ladder is used.
- When ladders are transported on roof racks or in a truck, you need to ensure they are not damaged by attaching it properly.
- Inspect the ladder after delivery and before first use to check the condition of all the parts.
- Perform a visual inspection of the ladder for damage and that it is safe to use every day that it should be used.
- Professional users need to regularly inspect the ladder.
- Make sure the ladder is suitable for the task.
- Never use a damaged ladder.
- Check that the ladder is not contaminated with for example wet paint, mud, snow or oil.
- Before a ladder is used at a workplace, a risk assessment conducted in accordance with the laws applicable in the country that the ladder is used in need to be performed.



Setting up the ladder

- The ladder must be properly set up, a leaning ladder will lean about 65-75 degrees and a freestanding ladder should be fully extended.
- All locks should be secured before use.
- Ladders should be placed on a level and firm ground.
- Ladders should be leaned against a flat and not fragile surface and must be secured before use, for example anchored or by using a stabilizer. Do not lean the ladder against the rungs, use the sides instead.
- Never change the ladder's position while standing on the ladder.
- When setting up the ladder you must take into account the risk that someone may collide with the ladder, such as pedestrians, vehicles or doors. Secure doors (not emergency exits) and windows in the workplace wherever possible.
- Identify electrical hazards in the workplace, for example electric cables and other electrical equipment. The ladders should stand on the slide protectors (feet), not the rungs or steps.
- The ladder should not be placed on a slippery surface (eg ice, slippery surface or considerable dirty surface) unless special measures are taken to prevent the ladder from slipping or ensuring that the dirty surface is cleaned.
- Do not use a freestanding stepladder as a leaning ladder.



Use of the ladder

- Never overload a ladder over the ladder's maximum load, normally 150kg (one person including burden).
- Do not reach beyond the ladder, the user should keep the buckle on the belt (or navel) inside the sides of the ladder and both feet should be placed on the same rung as work is performed.
- Do not get off a leaning ladder from a higher level without further safety, e.g. anchoring or by using a stabilizer.
- Never use a freestanding stepladder for access to another level.
- Do not stand on the top three steps / rungs of a leaning ladder.
- Do not stand on the top two steps / rungs of a freestanding ladder without a platform and hand- / knee support.
- Do not stand on the top four steps / rungs of a freestanding stepladder with an extendable section.
- Ladders should only be used for lighter duties for short periods.
- If there is a risk of coming into contact with electricity the ladder can not be used.
- Do not use a ladder outside in adverse weather conditions such as strong wind.
- Never leave a ladder set up unattended. Take precautions against children playing on the ladder.
- Secure doors (not emergency exits) and windows where possible in the workplace.
- Face the ladder when climbing up and down the ladder.
- Use a secure grip when climbing up and down the ladder.
- Do not use the ladder as a bridge or transition.
- Wear suitable footwear when climbing the ladder.
- Do not spend more time on the ladder without regular breaks (tiredness is a risk).
- Leaning ladders for access to a higher level should be extended at least 1 meter above the disembarkation point.
- Equipment and materials being transported up and down the ladder should be light and easy to handle.
- Avoid work on ladders that causes side loading, e.g., drilling outside the side of the ladder of solid materials (for example, in brick or concrete).
- When working on a ladder work should only be carried out with one hand so that it is possible to hold on with the other hand, if this is not possible, additional safeguards should be taken.



Repair, maintenance and storage

- Repairs and maintenance must be performed by a competent person and be in accordance with the ladder instructions from Skeppshultstegen.
- Ladders should be stored according to the ladder instructions from Skeppshultstegen.
- Ladders made of, or where thermoplastic, thermosetting plastic and reinforced plastic materials are used, should not be stored in direct sunlight.