



GUIDELINES ON LADDER SAFETY



1. GENERAL Wherever ladders are required to provide access to places where people need to work, they shall be provided and be properly maintained.

2. PLACEMENT Ladders shall be placed so that each side rail (or stile) is on a level and firm footing and so that the ladder is rigid, stable and secure. The side rails (or stiles) shall not be supported by boxes, loose bricks, or other loose packing. No ladder shall be placed in front of a door opening towards the ladder unless the door is fastened open, locked or guarded. Wherever possible, ladders shall be used at such an angle that the horizontal distance from the foot of the ladder to the structure the ladder rests against is one quarter (1/4) of the length of the ladder. Whenever possible, a ladder used as a place from which a person has to work shall rise to a height of at least 1m above the highest rung upon which the person must stand to work. If a height of 1 m above the working height cannot be achieved, then the ladder should reach as far as possible above the level at which the person is required to work. Every ladder or run of ladders rising a vertical distance of 6m or over shall be provided with an intermediate landing place or places so that the vertical distance between any two successive landing places is not more than 6m. Ladders shall rise to a height of at least 1m above any landing place for people using those ladders. Where a ladder passes through an opening in the floor of a landing place, the opening shall be as small as is reasonably



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practicable. A ladder placed such that its top end rests against a window frame shall have a board fixed to its top end. The size and position of this board shall ensure that the load to be carried by the ladder is evenly distributed over the window frame. Step ladders shall be set up on a level and firm footing. They shall not be stood on loose bricks or any other loose packing or surface.

3. SECURING Ladders shall be securely fixed at the top and foot so that they cannot move either from their top or from their bottom points of rest. If it is not possible to secure a ladder at both the top and bottom then it shall be securely fixed at the base. If this is not possible, then a person should stand at the base of the ladder and secure it manually against slipping. Ladders set up in public thoroughfares or other places (where there is potential for accidental collision with them) must be provided with effective means to prevent the displacement of the ladders due to collisions, for example, use of barricades.

4. USE Only one person at a time may use or work from a single ladder. Always face the ladder when ascending or descending it. Do not use a ladder or step ladder if: there is a missing or a weakened, broken or otherwise defective rung or tread, or a broken or defective stile; or any rung or tread depends for its support solely on nails, spikes, or other similar fixing device. Only a "trestle ladder" shall be used to support a plank upon which a person has to work. Ladders made by fastening cleats across a single rail shall not be used. No metal ladder and no ladder reinforced with wire shall be used in the vicinity of any electrical conductor or of any electrified equipment or apparatus as such use may result in a person receiving an electric shock. Ladders shall not be joined together to form a longer ladder unless the longer ladder conforms with the strength and rigidity requirements of the Construction Safety Act Regulations. A ladder shall not be used as a guy, brace, tom, strut, beam, skid, or for any use other than its correct use as a ladder. When there is significant traffic on ladders used for building work, separate ladders for ascent and descent shall be provided, designated and used.

LADDERS SAFETY:

Walking under a ladder may mean bad luck to the superstitious, but using ladders improperly could be deadly.

You probably learned how to use a ladder from watching a friend or family member, and chances are, that person may not have known what they were doing. It's this lack of awareness about using ladders that contributes to nearly 300 deaths a year.

The American Academy of Orthopaedic Surgeons — the doctors who end up treating the broken bones caused by ladder injuries — wants people to be more aware of the best way to use ladders. Here are a few tips:

- Pick a ladder that's the right size for the job.
- Don't try to stretch your reach too far off the ladder or boost it beyond its own height to reach a few more inches.
- Before you use a ladder, inspect it to make sure it's in good shape. Then place it firmly on solid ground before you start climbing.
- Never stand on the top rung of any ladder. On an extension ladder, stop at least three rungs from the top. On a stepladder, don't go above the second rung from the top.
- Only one person at a time should stand on a ladder.

Emergency medicine experts at UT Southwestern Medical Center at Dallas say many injuries can be prevented by using common sense. By taking your time and being careful, you can avoid becoming a ladder- injury statistic.

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