

Below are the 3 main types of ready access equipment used by Fire Queen Ltd; these pages show good practice for using ladders & step ladders.



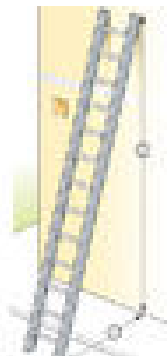
Figure 1 – Combination



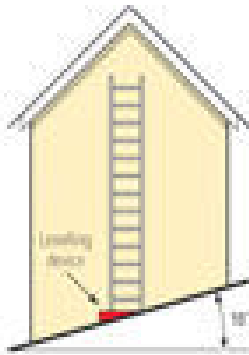
Figure 2 – Stepladder



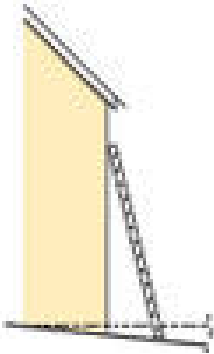
Figure 3- Telescopic



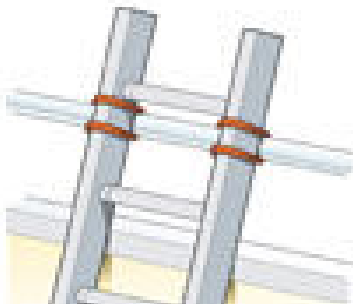
Positioning a leaning ladder safely - Ladder showing correct 1 in 4 angle (Securing omitted for clarity).



Positioning a leaning ladder with a side slope - Ladder showing maximum angle at 16° on a side slope.



Positioning a leaning ladder with a back slope - Ladder showing maximum angle at 6° on a back slope.



Securing a leaning ladder at the top - Ladder tied at top stiles (correct for working on, not for access).



Keeping three points of contact - Ladder showing correct 1 in 4 angle (Securing omitted for clarity).

Keeping Three Points of Contact



Incorrect | overreaching & not maintaining three points of contact



Correct | user maintaining three points of contact

When climbing or working from a ladder, three points of contact should be maintained. [Three points of contact means both feet & one hand in contact with the ladder or stepladder.]

When working from a ladder where you cannot maintain a handhold other than for a brief period of time (e.g. to hold a nail whilst starting to knock it in, starting a screw), other measures will be needed to prevent a fall or reduce the consequences of one (e.g. a fall arrest system).

Keeping Three Points of Contact when Using Stepladders



When climbing or working from a stepladder where you cannot maintain a handhold (e.g. putting a box on a shelf, hanging wallpaper, installing a smoke detector in a house ceiling), a risk assessment can justify whether the task is safe or not by taking into account:

- The height of the task

- Is a safe handhold still **available** on the stepladder i.e. not working above the second or third step depending on the type of stepladder

- Whether it is light work

- Whether it avoids side loading

- Whether it avoids overreaching

Three points of contact can mean two feet & one hand, two feet & the body supported by a “D-ring” as shown in the illustration, or two feet & the body supported.