

Toolboxcard

Working with ladders and stairs

Applies to team leaders, employees and subcontractors



After a fall from a ladder, extra attention is paid to the following points.

- Do not use damaged ladders or steps.
- Brackets and stability devices remain mounted.

Ladder or stairs only if there is no other option

- Only use a ladder or stairs if scaffolding, landing or aerial platform is not possible.
- Are you in doubt? Consult with your team leader first.
- Use the correct ladder or stairs for the work.

Check before use

- Do not use a ladder or stairs with bent posts or dents in the steps.
- Do not use a ladder or stairs without non-slip feet or with loose parts.
- Check that the ladder or stairs are clean, dry and undamaged.
- **Do you see a defect? Take it out of use immediately and report it.**

Safe placement

- Always place a ladder or stairs on a firm, flat surface.
- Secure a ladder so that it cannot slip or fall over.
- Never remove a bracket, stability bar, or other restraint.
- Block doors if the ladder is in front of them.

Working safely

- Always keep 3 points of contact with the ladder or stairs.
- Don't reach too far to the side. Get off and move the ladder.
- Never climb on the top step or above the indicated highest boarding point.
- Do not carry heavy or large materials on the ladder or stairs.
- Make sure the workplace is tidy and the ladder cannot be hit.

On board ships

- Check that the surface is stable and cannot move.
- Pay attention to cables, hoses, hatches, and other obstacles.
- Never place a ladder against railings, pipes, or other parts that are not intended for this purpose.
- Use a longer ladder if necessary. Do not stand higher than is safe.

Unsafe = stop

- Do not use an unsafe ladder or stairs.
- Do you see a missing brace, broken foot or other damage? Remove and report it.
- A fall takes one second, the consequences can be permanent.

