HSE INDG455 Ladder & Stepladder Pre-Use Safety Poster

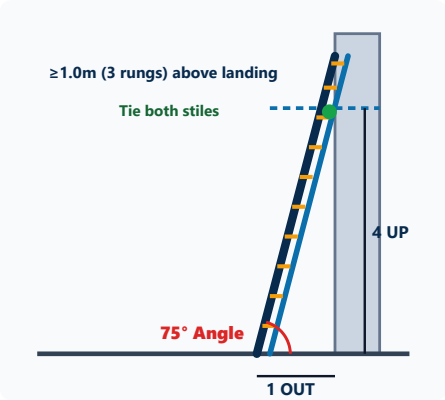
Daily Pre-Shift Check, 1-in-4 (75°) Setup Rule & Work at Height Regulations 2005 Schedule 6 Compliance

Working at Heights Course
www.workingatheightscourse.co.uk
Display in Stores, Vans & Site Cabins

When Is a Ladder Lawful Under WAHR 2005?

- **Short duration & low risk only:** Maximum **30 minutes** in one position where collective platforms (MEWP, podium, tower) are not reasonably practicable.
- **Light materials only:** Carry **no more than 10 kg** (use a tool belt or hoist line; never carry awkward sheets up rungs).
- **Three points of contact at all times:** Two feet and one hand (or two hands and one foot when climbing). Use a podium or tower if two-handed heavy torque work is needed.
- **1-in-4 Angle Rule (75°):** Place the base **1 unit out for every 4 units of vertical rise** (e.g. 1.25 m out at 5.0 m tie point).
- **1-Metre Top Extension:** Access ladders must extend at least **1 metre (3 full rungs)** above the stepping-off landing unless a firm handhold is fitted.
- **Never stand on the top 3 rungs** of a leaning ladder (or top 2 steps/platform of a stepladder unless designed with a handrail).
- **Secure before climbing:** Tie both stiles at the top, tie mid/foot, or use an effective stability device; footing by a second worker is a **last resort** on ladders under 5 m only.

1-in-4 (75°) Visual Check



QUARANTINE & TAG "DO NOT USE" IMMEDIATELY IF ANY PRE-USE CHECK BELOW FAILS: Never carry out makeshift repairs with tape, wire, or paint (paint hides timber splits and weld cracks). Use industrial/commercial **EN 131 Professional** (150 kg max total load) or BS 2037 Class 1 ladders : never domestic ladders on UK workplaces.

Component	Daily Pre-Use Visual Inspection Criteria (Check Before First Use & After Moving)	Pass / Defect Action
1. Stiles (Side Rails)	Straight and rigid; zero bends, dents, longitudinal splits, fibreglass splintering, corrosion, or paint obscuring surfaces.	☐ Pass ☐ Quarantine
2. Feet & End Caps	Both slip-resistant rubber/PVC feet present, clean, unworn (tread visible), and firmly fixed : never rest bare metal stiles on floors.	☐ Pass ☐ Quarantine
3. Rungs / Treads	All rungs present, level, tight in stiles (zero rotation/play), and free from mud, grease, wet paint, frost, or bent profiles.	☐ Pass ☐ Quarantine
4. Locking Bars & Stays	Stepladder locking spreaders, platform catches, and extension-ladder rung hooks engage positively with zero slack or distortion.	☐ Pass ☐ Quarantine
5. Tie Ropes, Labels & Duty	EN 131 Professional / Class 1 rating label legible; ladder Asset ID tag matches formal inspection register; fibreglass (GRP) selected near live electrics.	☐ Pass ☐ Quarantine
6. Placement Surface	Firm, level, clean ground (never propped on bricks, boards, or mobile pallets); positioned clear of opening doors, traffic, and fragile gutters/plastic fascias.	☐ Pass ☐ Reposition

Ladder Asset ID	Location / Van	Checked By (Print Name)	Date	Condition / Tag Status