

Safe use of ladders

Before use

- Before using a ladder, visually check that the product is in good condition; there should not be any twisted or torn parts or loose joints. Never climb onto a broken ladder.
- If the ladder has spreaders, make sure that they are locked in the “open” position.

Safe use

- Ladders must be used on an even and sturdy surface where they can stand upright. Do not jump or reach while on a ladder; if your centre of gravity moves outside the ladder, it may tip over.
- Only climb onto the ladder from the ground or another similar solid surface. The surface must be stable, so that the ladder cannot fall or tip over due to the movement, tipping over or sliding of the surface.
- A-frame ladders or trestles should not be used for passage to other areas unless they are specifically designed for that use. Ladders are intended to be used as work platforms, and you should always climb onto them from the bottom, using the ladder’s own steps.
- Always face the ladder and hold onto the stiles of the ladder while climbing.
- The maximum static load for the ladders 150 kilos.
- When working on a trestle ladder that does not have a platform, never use the top two rungs/steps. You should lean on them with your legs for support. Do not let go of the ladder with your hands even when leaning against the ladder with your legs.
- When working on a single ladder, never use the top 3 rungs/steps. You should lean on them with your legs for support. Do not let go of the ladder with your hands even when leaning against the ladder with your legs.
- When climbing onto a three-part combination ladder, do not climb onto the ladder section that extends outside the A-frame. The highest safe position is the top rung of the A-frame ladder.
- The correct leaning angle for a single ladder is 75 °. If you are using ladders manufactured by Suomi-Tikas Oy, it is easy to identify the correct angle. The ladders have square rungs that are fixed in a tilted position, so that the stepping surface is horizontal when the ladder is leaning at the correct angle.
- Snow and soil stuck to the bottoms of your shoes may cause slipperiness even though the ladder rungs have anti-slip patterns. Any ice on the surface of the ladder will also make the surface slippery. Clean any soil and snow or ice off the bottoms of your shoes and the surface of the ladder rungs before climbing onto the ladder.

- Ladders must only be used on sturdy and non-slippery surfaces where they can stand upright. For example, loose gravel, ice and oil will greatly reduce the effectiveness of the anti-slip legs of the ladders.

Storing ladders

- You can extend the useful life of your ladders by storing them in a dry place.

In this text, "ladders" refers to ladders, trestle ladders and step platforms.