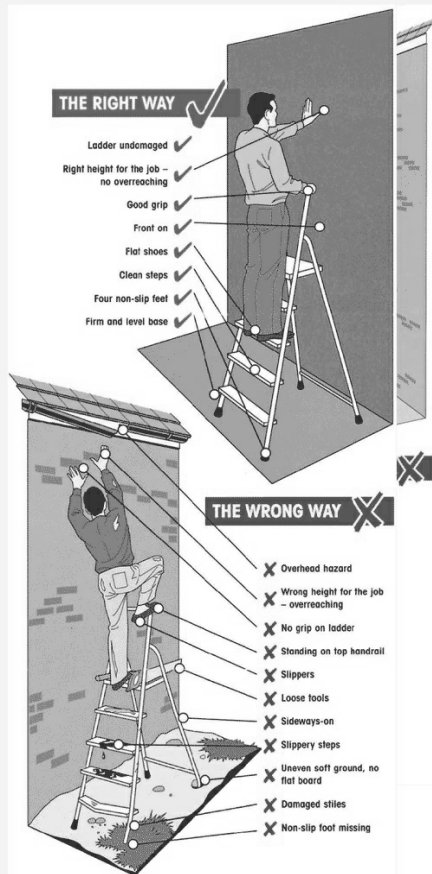


### Do's

- DO place the base of the ladder on a firm, level, dry surface. If there's a time when this isn't possible – working on grass, for instance – tie the feet of the ladder to stakes in the ground to stop it slipping, and place a large flat wooden board underneath to help prevent it sinking.
- DO position the ladder so that the base won't slip outwards. Leaning ladders are designed so that their safest angle of use comes when every 1 measure out from the wall is matched by 4 measures up it (rungs are usually about a third of a metre apart, so its easy enough to get the distances roughly right). Most new extension ladders now have a mark on the stiles to show the safest angle of leaning.
- Remember the rule: 'ONE OUT FOR FOUR UP'**
- The more the base is moved out from this position, the greater the risk that it will slip outwards suddenly and fall down without warning!
- DO secure the bottom and the upper part of the ladder, by tying them (from stiles, not rungs) with rope or straps onto a stable, fixed object. You can tie the base to stakes in the ground, or use fixed blocks or sandbags to help guard against the ladder slipping, or buy special stabilisers. A rope or strap tied from a stile onto a fixed object at about the height of the fifth rung from bottom will help to stop any further movement.
- If it's impossible for some reason to secure the ladder, get another adult to 'foot' it (by standing with one foot on the bottom rung and holding a stile in each hand).
- DO rest the top of the ladder against a solid surface, never against guttering, or other narrow or plastic features. Where a surface is too brittle or weak to support the top of the ladder, use a stay or a stand-off resting on a firm surface nearby. Bolt or clip this to the top of the ladder before putting up the ladder.
- DO have at least three rungs extending beyond a roof's edge if you're using a ladder to get yourself up onto the roof.
- DO make sure that longer extension ladders (over 18 rungs) have an overlap of at least three rungs. Shorter ones (up to 18 rungs) need a minimum overlap of two.
- DO keep your body facing the ladder at all times, centred between the stiles.
- DO move the ladder to avoid overstretching, and re-secure it whenever necessary, however frustrating that might be!
- DO try to keep both hands free to hold the ladder as much as possible while you're climbing or descending – if you need to carry any tools, use a shoulder bag, belt holster or belt hooks.
- DO hold on to the ladder with one hand while you work. You can get special trays which fit between the stiles to take paint pots, tools etc.
- DO wear strong, flat shoes or boots, with dry soles and a good grip.
- DO make sure a door is locked, blocked or guarded by someone if you're up a ladder in front of it.

### Don'ts

- DON'T put a ladder on top of boxes, bricks, barrels or any other unstable surface just to gain extra height.
- DON'T reach too far forwards or sideways, or stand with one foot on the ladder and the other on something else.
- DON'T carry heavy items or long lengths of material up a ladder.
- DON'T wear sandals, slip-ons or have bare feet on a ladder.
- DON'T use a ladder in a strong wind.
- DON'T use a ladder near any power lines.
- DON'T be tempted to use a ladder if you're not fit enough, or suffer from giddiness or aren't confident with heights.



Source: <http://doshtihome.blogspot.com/2016/02/personal-fall-arrest-and-fall-restraint.html>

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