

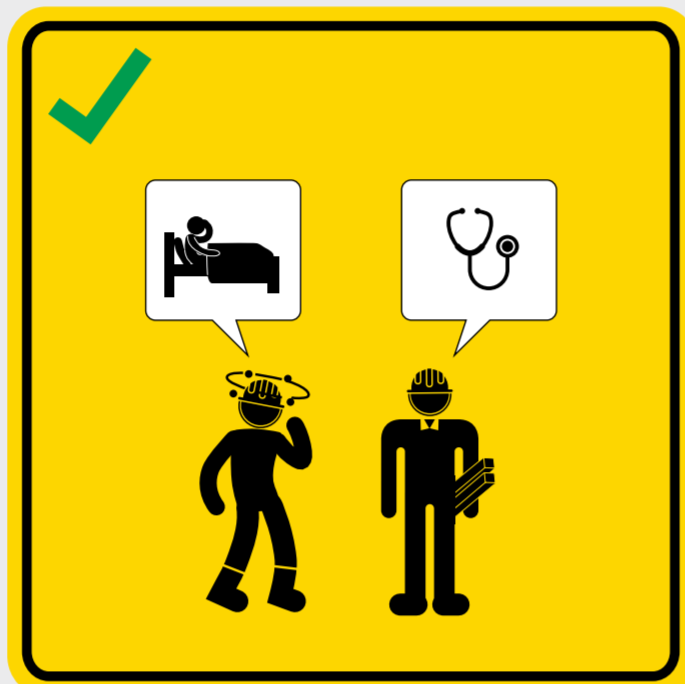
LOOK. THINK. DO.

Look out for danger. Think of how you can protect yourself. Do your work safely.

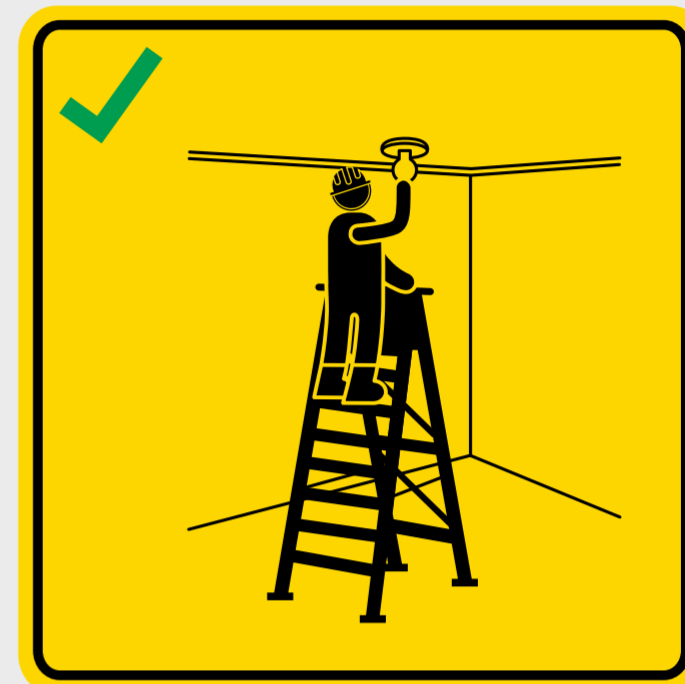
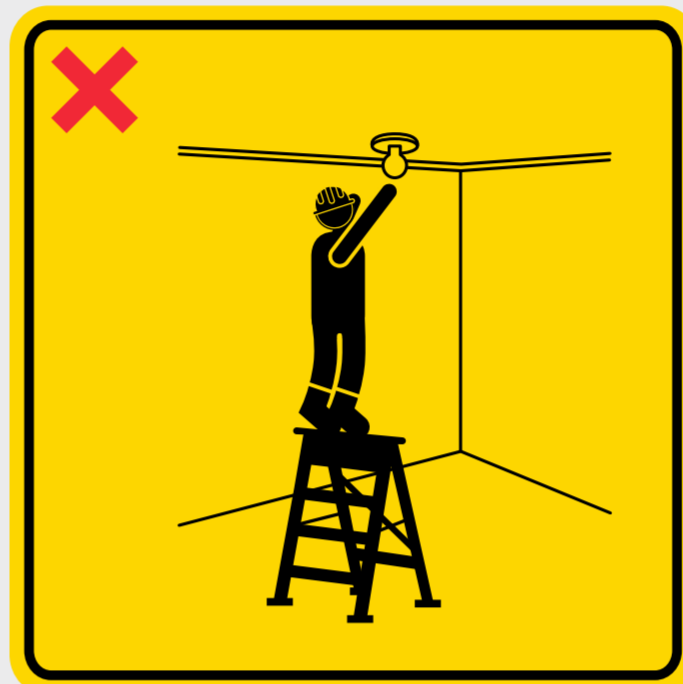
6 Basic Workplace Safety and Health (WSH) Rules for Safe Use of Ladders

A-frame ladders are easy to deploy and often used to reach a higher area. Select proper ladders and use them correctly to prevent accidents. Always do a Risk Assessment before using a ladder.

Report to your supervisor if you feel unwell.



Select a ladder of the correct height.



Check that the ladder is in good condition.



Place the ladder on stable and level ground.



Use the ladder in the correct manner.



Maintain 3-point contact.



Learn more about ladder safety from the SS EN 131 Ladders and WSH Council's Ladder Safety Pack.