

Leaning Ladder Safe Use Guide

Please Read Before Use

This guide supports users, supervisors, and Health & Safety professionals with the safe and compliant use of leaning ladders, which includes extension ladders. Produced by Lyte Ladders & Towers, it aligns with the **Work at Height Regulations 2005** and **Ladder Association** best practice.

Lyte is committed to building compliant and reliable products for professional use. Our extension ladders are certified by BSI to EN131-2 Professional and designed for safe working in demanding trade environments.

Ladders should only be used by individuals who are competent or have received appropriate training. Pre-use checks should always be carried out before using your step ladder, plus periodic formal recorded inspections by a competent person.

Using Your Ladder Correctly



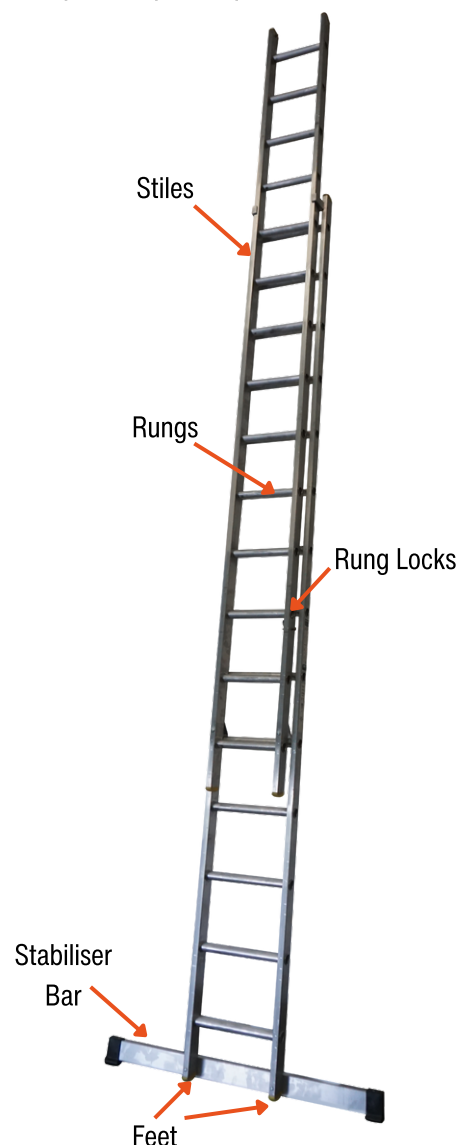
Do:

- Inspect the ladder before every use – check feet, rungs, stiles, and locks.
- Make sure the ladder is high enough for the task
- Use the 4-to-1 rule: base 1 metre out for every 4 metres of height
- Place ladder on firm, level ground
- Where possible, tie or secure the ladder at top and bottom
- Ensure rung locks are locked before climbing
- Face the ladder when climbing and maintain three points of contact
- Keep your body centred between the stiles to avoid tipping
- Wear suitable footwear and avoid overreaching
- Only carry light materials and tools, ideally using a toolbelt to keep hands free
- Use ladders for short-duration, low risk tasks



Don't:

- Work from the top three rungs. The ladder should extend at least 1m above where you are working
- Move or extend the ladder while in use
- Lean ladders against unstable surfaces (glass, plastics, gutters)
- Exceed the stated maximum load
- Rely on “holding the ladder” by another person as the only stability measure
- Work within 6m horizontally of any overhead power line, unless it has been made dead or it is protected with insulation
- Use a damaged ladder – remove from service immediately



General Ladder Safety



Warning, fall from the ladder.



Refer to instruction manual / booklet



Maximum total load.



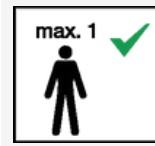
Do not use ladder on an unlevel or unfirm base.



Do not overreach.



Do not erect ladder on contaminated ground.



Maximum number of users.



Do not use the ladder as a bridge.



Do not carry equipment which is heavy or difficult to handle when using the ladder.



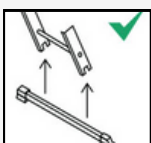
Avoid work that imposes a sideways load on ladders, such as side-on drilling through solid materials



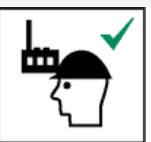
Do not ascend or descend unless you are facing the ladder.



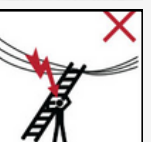
Do not wear unsuitable footwear when climbing a ladder.



If a ladder is delivered with stabiliser bars and these should be fitted by the user before the first use, this shall be described on the ladder and in the user instructions.



Ladder for professional use.



Warning electrical hazard. Identify any electrical risks in the work area, such as overhead lines or other exposed electrical equipment and do not use the ladder where electrical risks occur.

- Use non-conductive ladders for unavoidable live electrical work.



Keep a secure grip on the ladder when ascending and descending. Maintain a handhold whilst working from a ladder or take additional safety precautions if you cannot.



Do not use a ladder if you are not fit enough. Certain medical conditions or medication, alcohol or drug abuse could make a ladder unsafe.



Inspect the ladder after delivery. Before every use visually check the ladder is not damaged and it safe to use. Do not use a damaged ladder.

- For professional use a risk assessment shall be carried out respecting the legislation in country of use.
- Do not spend long periods on a ladder without regular breaks (tiredness is a risk).
- Ensure the ladder is suitable for the task.
- Do not use the ladder if contaminated, e.g. wet paint, mud, oil or snow.
- Do not use the ladder outside in adverse weather conditions, such as strong wind.
- Do not modify the ladder design.
- For outdoor use caution to the wind.
- If using for access, extend ladder at least 1m above the landing point
- Prevent damage to the ladder when transporting, e.g. by fastening, ensure they are placed to avoid damage.
- When positioning the ladder take into account risk of collision with the ladder e.g. from pedestrians, vehicles or doors. Secure doors (not fire doors) and windows where possible in the work area.