

Step Ladder Safe Use Guide

Please Read Before Use

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

Lyte is the UK's leading manufacturer of access equipment, committed to building compliant and reliable products for professional use. Our step ladders are certified to EN131-2 Professional and designed for safe working in demanding trade environments.

Step 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 Step Ladder Correctly

✓ Do:

- Inspect the ladder before every use – check feet, treads, stiles, and locks.
- Ensure it is fully opened and spreaders 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.

✗ Don't:

- Use the top two treads / steps unless a platform and guardrail are fitted.
- Stand or work from the top cap or tool tray.
- Move or reposition the ladder while in use.
- Exceed the stated maximum load.
- Use a damaged ladder – remove from service immediately



Step Ladder Safety



Do not step off the side of standing ladder onto another surface.



Open the ladder fully before use.



Use the ladder with restraint devices engaged only.



Standing ladders should not be used as a leaning ladder unless it is designed to do so.



Do not step onto the top two steps / treads of a standing ladder without a platform and a hand / knee rail.



EN ISO 7010-P024

Any horizontal surface which looks like a platform on a standing ladder that is not designed for standing on (e.g. a plastic work tray) shall be clearly indicated on that surface (only if necessary due to the design of the ladder).



General Ladder Safety



Warning, fall from the ladder.



Refer to instruction manual / booklet



Maximum total load.



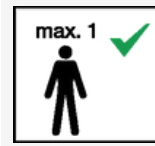
Do not use ladder on an unlevel or unfirm base.



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.



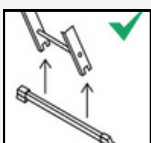
Avoid work that imposes a sideways load on ladders, such as side-on drilling through solid materials



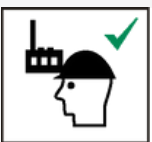
Do not ascend or descend unless you are facing the ladder.



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.
- Do not move a ladder while standing on it.
- For outdoor use caution to the wind.
- Prevent damage to the ladder when transporting, e.g. by fastening, and ensure they are suitably 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.