

LADDER SAFETY

Getting up on a ladder is potentially dangerous. When using a step ladder, make sure you stand it on a surface that is level and firm and spread the legs widely.

With an extension ladder, the correct slope should be one in four. This means that the feet of the ladder should be placed outside the line of the gutter post, or (if it is leaning against a building) a distance equal to one quarter of the height between the ground and the gutter. Also the top of the ladder should extend at least 1 metre above the top of the wall or support and the top half of the ladder should not be extended more than three quarters of its length.

Again, make sure the extension ladder stands on a firm surface. With both ladders, get someone to hold them while you ascend and descend. Wear shoes with soles that grip (such as sand shoes) and, if you are climbing onto a roof, wait until it is dry before you get up on it.