 VDL STEELWELD	WORK INSTRUCTION	Date: 01-01-2025	Enterprise Management System
<h1>Working on a ladder</h1>			

1. Goal

The purpose of this instruction card is that the employee is aware of the risks associated with working on a ladder after reading this work instruction and that he can perform this in a safe manner.

2. General

When working at height, there is danger of falling. One of the most common accidents scenarios is falling off a ladder. Not only the height, but also the type of activities and the surrounding area determine the present danger.

Basically you should only use a ladder:

- To climb to another level;
- to carry out light work that will not reach beyond an arm's length (max 4 hours);
- if the use of a scaffold or platform is technically or economically unfeasible.

For other activities you need to use a platform for example.

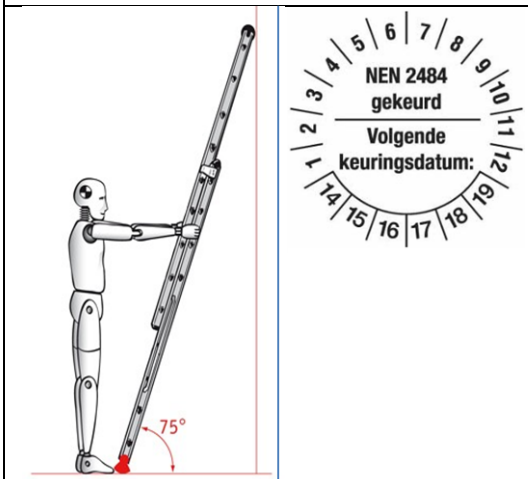
3. Risks

- Falling at a height
- Falling during arrive at height
- Falling objects such as parts and equipment
- When using multipart ladders/extension ladders: folding ladders
- When roll able ladders: rolling off of the ladder

4. Measures

- Securing roll able ladder before they are stepped on.
- Fasten the top and/or bottom of uprights or take care for anti-skid device.
- Up to a standing height of 7.5 meters.
- Up to 4 hours on the ladder.
- Do not push or pull more power than 10 kg when you are on the ladder.
- Let the ladder extend at least 1 meter above the level where they work.
- Make sure extended ladders are overlapped enough (you can find this in the operating instructions of the manufacturer).
- Get up the ladder with your face towards the ladder.
- Let the ladder approve each year (see sticker of approval in the picture underneath)

5. Picture



6. Pictograms



7. Required PPE



- Make sure you have three points of contact with the ladder: two feet and one hand, or two hands and one foot.
- Make sure the ladder shoes are clean and undamaged and that they stay on the ground.
- Climb the ladder with the hands to the rungs and not on the sides of the stairs.
- Never climb the ladder with one or two hands full.
- Ensure that retaining hooks are always properly locked.

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VDL STEELWELD

WORK INSTRUCTION

Date: 01-01-2025

Enterprise
Management
System

Working on a ladder

	<ul style="list-style-type: none">- Never climb the ladder higher than the fifth rung from the top.- Keep the sports clean and climb only with clean soles.- Make sure the ladder is inclined, in an angle of 75 degrees. Check this by standing with your feet at the bottom and grip the ladder by holding your arms horizontal (see picture).
	<ul style="list-style-type: none">- Don't move the ladder as anyone else is on it.- Don't put the ladder upside down or backwards.- Don't use improper materials.- Don't do emergency repairs at the ladder by yourself.

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