









Safe Work Procedure

Description of Work	Use of an 'A' frame ladder					
Image	Potential hazards <i>(list below)</i>					
	<ul style="list-style-type: none"> Fall from >2m Manual handling 					
Personal Protective Equipment (PPE) <i>(check the box for required PPE)</i>						
 Gloves	 Face Masks	 Eye Protection	 Welding Mask	 Appropriate Footwear	 Hearing Protection	 Protective Clothing
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safe Work Procedure						
<p>1. Pre-operation:</p> <ul style="list-style-type: none"> Ladder is rated as 'industrial' with a load rating of at least 120kg Ladder is fit for the task i.e use of fibre glass ladder for electrical work Establish an exclusion zone beneath the area where overhead work is to be undertaken Ladder is free from defects or damage before use Consider whether a second person is needed to assist in securing the ladder Ladder is positioned on a firm, level and non-slip surface Ladder should be in the fully opened position with spreader fully engaged The ladder must be firmly and evenly supported at the top (e.g. lashed, ladder support device) <p>2. Operation:</p> <ul style="list-style-type: none"> Check for overhead hazard prior to ascending ladder Maintain three points of contact on the ladder whilst undertaking work Always have two free hands to ascend and descend the ladder "Highest rung on the ladder that you can stand on is clearly labelled. If the rung is not labelled, feet should be no higher than the second rung from the top plate "A" frame ladders are not to be used to access the roof Undertake work facing the ladder Do not use any power tools designed to be operated with two hands Work within an arm's reach to avoid falling sideways Do not leave ladder unattended <p>3. Post-operation:</p> <ul style="list-style-type: none"> Store ladder on hooks at waist height 						