



Working safely *on stairs and ladders*

The majority of workplace injuries are related to falls on stairs or from a stepladder. We would therefore like to give some tips to avoid this type of accidents:

Stepladder

Avoid working on a stepladder by using telescopic polishing equipment.

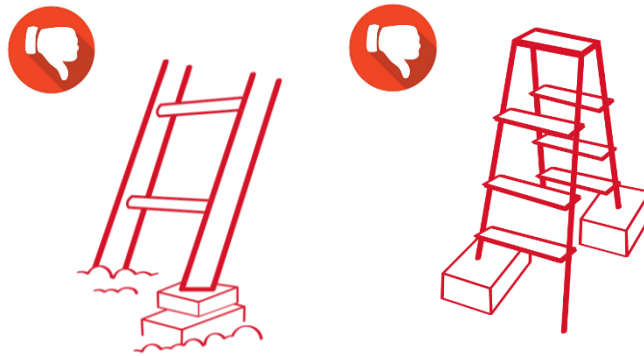
1. When you do use a stepladder, use a suitable .

We advise the client to provide a step ladder that:

- Has a maximum of three steps
- Has a non-slip coating
- Has a frame you can hold on to



2. Place the stepladder in a steady place.



3. Never use a chair or furniture.



4. How to use a stepladder correctly:

- Always step on or off the stepladder facing the stepladder
- Always provide 3 supporting points (2 hands and 1 foot OR 1 hand and 2 feet)
- Use one hand to execute the work and the other to hold on
- Never move the stepladder while standing on it
- Avoid reaching further than an arm's length from the stepladder
- Wear non-slip safety shoes
- Do not use a stepladder for cleaning windows, use telescopic work equipment for this task

Stairs

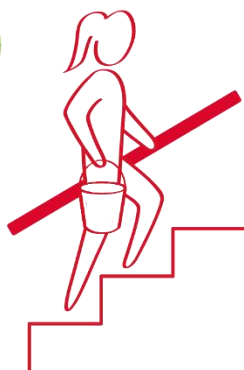
1. Wear safety shoes.



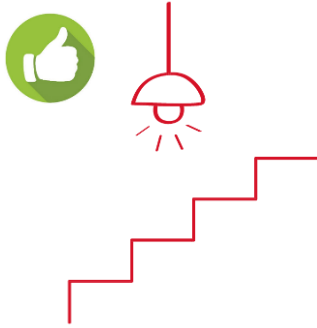
2. Don't run or rush yourself.



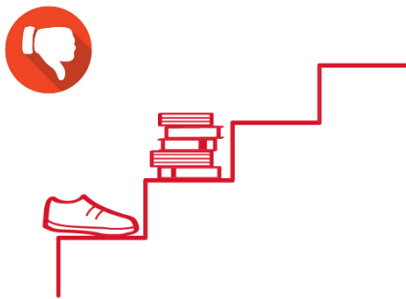
3. Keep one hand free and ALWAYS use the handrail when moving on the stairs. Using the handrail is mandatory when carrying equipment!



4. Doe het licht aan.



5. Make sure the stairs are clear of objects.



6. Be careful when vacuuming!

- Vacuum from top to bottom, keeping your back to the open space and one hand on the handrail.
- Use a cordless vacuum cleaner.
- Use a smaller model (handheld vacuum).
- If you do not have a cordless vacuum, use a Swiffer or a damp cloth.

