



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.

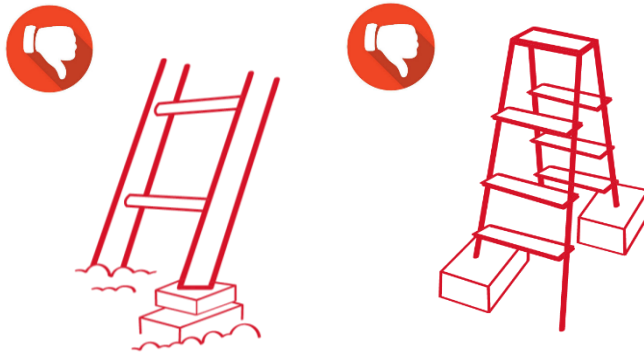
1. When you do use a stepladder, use a suitable .

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.



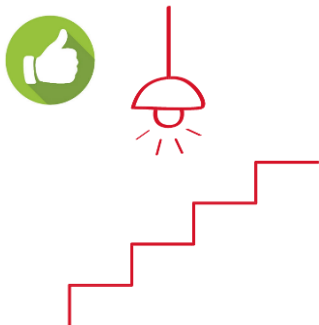
2. Don't run or rush yourself.



3. Always keep one hand free and use the handrail or another means of support when using the stairs (including when carrying equipment on the stairs)!



4. Make sure the light is on.

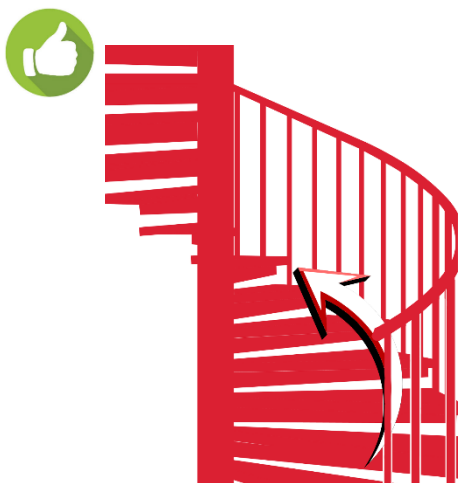


5. Follow the direction of the stairs

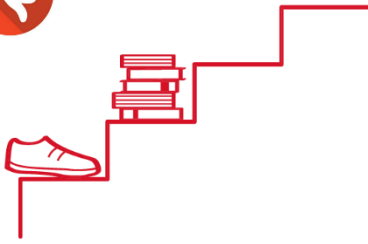
- If the staircase turns to the right, use the steps on the left-hand side (which are wider).



- If the staircase turns to the left, use the steps on the right-hand side (which are wider).



6. Make sure the stairs are clear of objects.



7. Be careful when vacuuming!

- Vacuum from the bottom up, facing away from the drop as you climb and keeping one hand on the banister. Avoid standing with both feet on the same step. The position with one foot in front and one foot behind is more stable and will help you maintain the natural S-shape of your spine.
- 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.

