

LADDERS AND WORK TRESTLES

The regulations for working from, and maintenance and ongoing checks of, steps and work trestles are stated in the National Board of Occupational Safety and Health regulations AFS 2004:3/2011:12 and AFS 1999:03

These instructions are only a supplement to the regulations and apply for local application of them.

When a ladder is used it must be stated in the SJA (risk assessment).

Working from ladders

When working from ladders personal fall protection equipment is not required if all the conditions of the following points are met

- only single jobs are carried out
- the ladders are less than 5 meters in height
- the work takes less than 15 minutes per ladder erection and the work can be carried out with one hand, and so that one can hold the ladder with the other.
- Both hands must be used when climbing up or down the ladder.
- Tools and similar must not be worn in hands, but must be stored in a bag

The following types of ladder can be used if they are stayed or anchored.

- Leaning ladders longer than 5 meters must only be used if securely anchored.
- Stepladders with platform and knee support and more than 2 m height to the platform.
- Other stepladders higher than 3 m.

When using leaning ladders higher than 4-5 metres a standby person must be used.

The standby person must support the ladder while work is underway.

Maintenance, ongoing checks and labelling

Ladders and work trestles must be well maintained and regularly checked. Before a ladder/stepladder/work trestle is used, a check must be carried out to ensure that the ladder is undamaged.

The ladder must ALWAYS be labelled with the year (adhesive label) to be used, this label is located beside the ladder number plate.

If a ladder does not have the year's adhesive label or is damaged, it must be reported to the ladder manager immediately. That ladder must not be used.



← Image with ladder number + check label

Ladders must not be used if they have impaired strength or safety. Checks of all the company' ladders and work trestles must be carried out ongoing with a maximum interval of 1 year.

Each department manager is responsible for their department's equipment.

Each department manager is responsible for numbering and keeping a register as well as inspection and maintenance for ladders and work trestles.