

HOW TO...SECURE YOUR LADDER GUIDANCE FOR MANAGERS

How to use this guidance

This additional guidance has been created for Managers, Supervisors, Safety Leads or any person responsible for delivering the Toolbox Talks on site. It is designed to be used alongside the Toolbox Talk and offers additional, more specific information to help you add value to the topic covered. **The Ladder Association Code of Practice serves as a supporting document for users, supervisors and managers who have completed a Ladder Association course, and is not intended to be a substitute for training.**

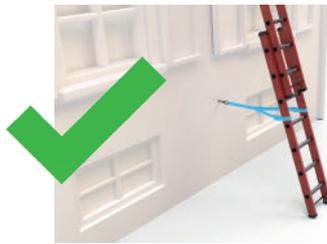
What are the options for securing a ladder?

See **Ladder Association Code of Practice Section 18**. The Toolbox Talk focusses on the preferred option of Tying In, but also covers Footing, as that is recognised as a commonly practiced method for securing a ladder, although it should be the last resort.

- 1. Tying in** - if fitting anchors with eyebolts or other fixings to tie into, anchors should be selected, installed and tested in accordance with BS 8539.
- 2. Use a ladder stability device** - it is not yet clear that any ancillary ladder stability devices that are currently available are effective. Until there is an agreed design standard for ancillary stability devices for ladders, the Ladder Association can make no recommendations in respect of these products. However, individual ladder manufacturers may, after careful consideration, allow the use of some ancillary stability devices with their products. You should consult the manufacturer of your ladder for their guidance before using such a device.
The Ladder Association **categorically does not recommend** any ancillary product which:
 - a) Requires the invasive alteration of the completed ladder or stepladder (i.e. drilling into the product and applying screws, bolts, rivets or other fixings); or
 - b) Relies on the strength of the ladder components for its connection to the ladder (i.e. a device which relies on straps or clamps), without the specific permission of the ladder manufacturer, as such devices could materially affect the performance characteristics of the ladder.
- 3. Wedging your ladder** - with reference to setting up at the correct angle, any leaning ladder (or combination or multi hinge ladder) should be at a 75 degree angle to the ground. The simplest way to achieve the correct angle is to follow the 'one-in-four' rule. This means for every four measures up the 'wall' where the ladder is extended, you need to position the base of the ladder one measure out. See **Ladder Association Code of Practice Section 15**.
- 4. Footing** - leaning ladders can become unstable in four ways: base slip, top slip, flip and top contact (see **Ladder Association Code of Practice Section 21**). Footing a ladder can help improve resistance to base slip and flip, however research has not shown any significant advantages of footing for top slip and top contact.

Tying in - the basics

CORRECT - ladder tied at top stiles **CORRECT** - tying near base



Useful references:

- **LA455 'Safe Use of Ladders and Stepladders: A brief guide'** (available to download free from ladderassociation.org.uk)
- **Ladder Association Code of Practice** (available from ladderassociation.org.uk or via our mobile app)

Footing - your options

- **Option 1** - this method can apply forces towards the ladder using both hands and using the back leg as a brace and is possibly a more stable comfortable position than option 2. Do not apply any unbalanced excessive load to one stile of the ladder, as this could cause the ladder to flip. This position may be less suitable when footing for longer tasks.
- **Option 2** - the benefit here is that the person footing the ladder is not encouraged to put any additional load on the bottom rung. It may be argued that the person footing the ladder has a slightly less stable position than option 1. Do not to apply any unbalanced excessive load to one stile of the ladder. On certain types of ladders this method may not be possible if the bottom ends of the ladder stiles are not in contact with the ground i.e. when using certain types of ladder stabilising bar.