

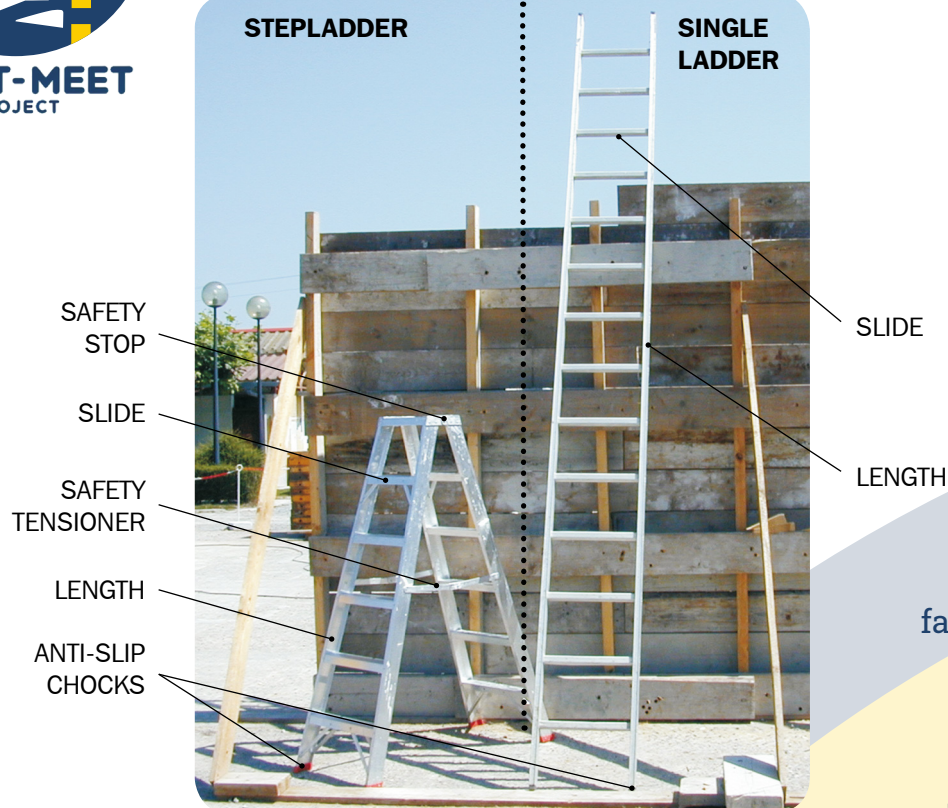


POST-MEET
PROJECT

LADDERS

LADDERS ARE PORTABLE AIDS WIDELY USED IN THE CONSTRUCTION INDUSTRY AND FOR ALL TYPES OF WORK.

THEY MAKE IT POSSIBLE TO BRIDGE A DIFFERENCE IN LEVEL AND, IN GENERAL, TO CONNECT ROOMS LOCATED AT DIFFERENT HEIGHTS BY MEANS OF A SERIES OF STEPS.



If the point of operation is far from the ladder position and forces you to bend down excessively, do not work in this position, get off the ladder and **move it as far as necessary until it is correctly positioned.**



You should check that the ladder is in perfect condition, that it has anti-slip chocks on its base, or some other system that prevents it from slipping, that no rungs are missing, if it is made of metal, that it is not rusted or, if it is made of wood, that it has not been painted.



When using stepladders, you must leave at least **three rungs above foot level unused**, in order to avoid falls due to imbalance.



You must access and descend the ladder, always facing it and keeping both hands available to grip it. **Remember that you must have three points of support at all times.**



Do not allow anyone else to use the ladder at the same time as you, or climb a ladder where someone else is working. The ladder could break or become unbalanced due to excess weight, and you could suffer a fall from height.



When transporting a ladder, you must take special care not to hit other workers. To do this, **do not carry the ladder horizontally**, carry it with the front end facing downwards.



Never leave tools or materials on the ladder or rungs, do not use ladders to improvise work platforms or use the ladder for purposes other than those indicated.

