

- 9 The anchoring points of safety harnesses or safety nets must be strong enough to stop your fall.
- 10 A trestle platform should not be used on a scaffold platform. However, if this is found to be necessary then the trestle must be secured to the scaffold platform and braced. Space must be left for the free movement of men and materials.
- 11 Access to trestle platforms should be by means of a step ladder only.
- 12 Climb the step ladder using both hands and facing the steps.
- 13 Avoid carrying tools and materials when climbing, but if this is absolutely necessary, lift the materials in stages by standing still and holding the step ladder with one hand as you lift with the other.
- 14 Climb on and off the platform with great care to avoid toppling.
- 15 **DO NOT** over-reach on a trestle platform or step ladder; it can topple or you could overbalance.
- 16 **DO NOT** try to extend the height of step ladders or trestle platforms by placing blocks or boards under their legs or on the platform.
- 17 Work should not be carried out from the top platform of a step ladder unless there is a handhold at least 1m above the platform.
- 18 One person only should use a step ladder at anyone time.
- 19 The rear parts of a step ladder should not be used as a foot hold.
- 20 **DO NOT** allow other persons or animals to stray into the area below where you are working or on to the platform.
- 21 Be aware that too much force, on a tool could cause a step ladder or a platform that is not tied to the building to overbalance.
- 22 **DO NOT** allow tools and materials to clutter the work platform. They should be kept in boxes or containers if there are no toeboards on the platform.
- 23 When moving trestle platforms and step ladders, remove all tools and materials from the platform. Dismantle and fold the trestles and step ladders before moving.
- 24 **DO NOT** attempt repairs. Contact the Hire Company.