



steps



taking risks is *Not* part of the job

**LOTU**  
Preventing falls from height



ENPLEGU ETA GIZARTE GABETASO SAILA  
DEPARTAMENTO DE EMPLEO Y ASUNTOS SOCIALES



LANEKO SEGURITASUN ETA OSASUNERAKO EUSKAL ERAKUNDEA  
INSTITUTO VASCO DE SEGURIDAD Y SALUD LABORALES



euskadiko langile komisiokoak



Euskadi



ascobi bieba

Always check the causes of falls from:

1 steps



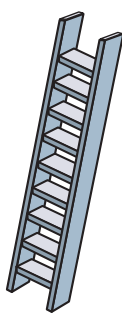
2 shafts



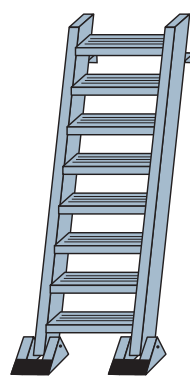
3 sawhorse scaffolding



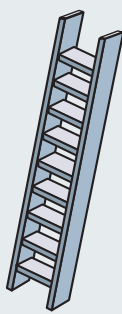
Requirements for:  
a portable supported ladder



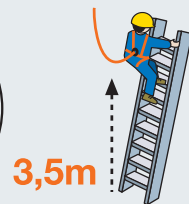
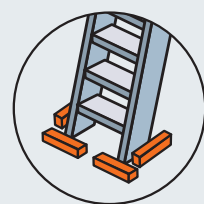
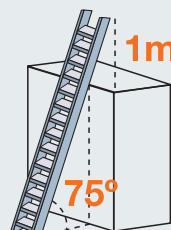
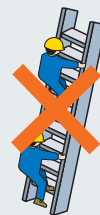
- Non slip rungs
- Adjustable foot
- An anchoring system to hold it in place
- If it is extendable, it should have a safety hook with automatic interlock
- Non slip shoes in good condition
- Comply with the UNE standard



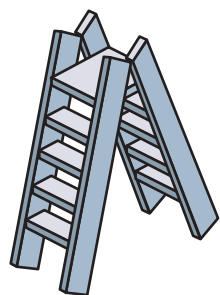
Instructions for using  
a portable supported ladder



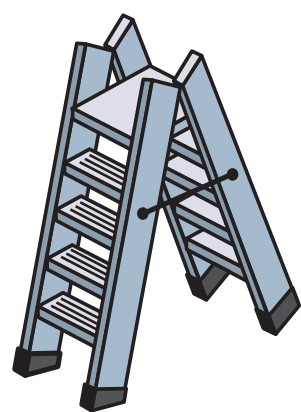
- Always go up and down facing the rungs
- Do not let more than one person use it at a time
- Always position it at an angle of 75°
- Its top should extend 1 metre beyond the upper level
- Do not move your body outside the vertical line of the steps when using it
- Fix it with hooks and stoppers to prevent it from moving
- Over 3.5 metres high, use an approved belt or harness
- Do not handle heavy or large sized loads manually



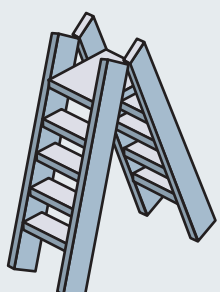
Requirements for  
a portable step ladder



- Wide non slip rungs
- Include a device to limit opening to 30°
- Include a locking device to keep it closed
- If it has wheels, add a lever brake
- Have the widest non slip shoes possible
- Meet the UNE standard
- Do not handle heavy or large sized loads manually



Instructions for using  
a portable step ladder



- Never work on the last rung
- Do not move from one side of the steps to another at the top
- Do not let more than one person use it at a time
- Do not use it as a work platform
- Over 3.5 metres high, use an approved belt or harness

