

Caution at height

Quiz along! Will you score 5/5?

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Proper use of stepladder

- ✓ Always use a stepladder with handle or support bracket, max. 3 steps, non-slip feet and non-slip treads. Do not use damaged ladders.
- ✓ Make sure steps are clean, clean of grease. Do not leave cloths on the steps.
- ✓ Place the step ladder on a stable surface and never on a table.
- ✓ Snap the ladder fully open. Never use the ladder folded.
- ✓ Always provide 3 points of contact with the stepladder: place your 2 feet on the steps and 1 hand on the support bracket.
- ✓ Wear proper footwear: no flip-flops, open shoes or shoes with slippery soles.

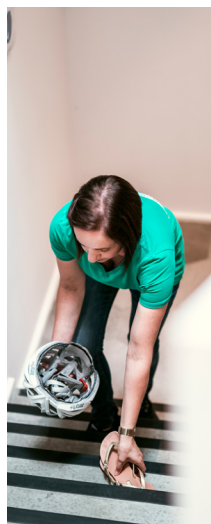


Be alert on the stairs

- ✓ Always turn on the light when going up/down stairs.
- ✓ Vacuuming the stairs? Preferably use a handheld vacuum cleaner or a dust buster.



- ✓ Remove obstacles on the stairs first before going them up.
- ✓ Always hold on to the handrail with one hand. This gives you extra support & prevents you from falling.



- ✓ Don't get distracted on the stairs. A staircase is not for catching up, calling or texting,...
- ✓ As much as possible, avoid moving objects via the stairs and always use the handrail. Only easily handled items that do not obstruct vision may be carried on the stairs. When moving a vacuum cleaner up or down, always keep one hand on the handrail.



- ✓ Report defects on the stairs to the customer, for your own safety and that of the customer.

Dangerous postures and actions at height

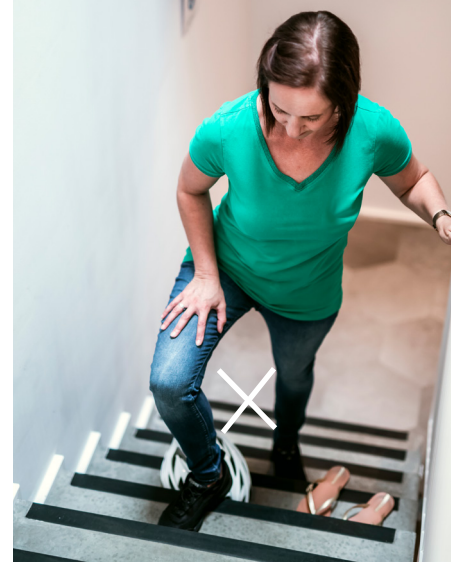
! Don't hang out the window or stand on a windowsill to clean windows.



! Never stand on the support bracket of your stepladder, cabinets, radiators, tables or chairs.



! Do not walk up the stairs and always take step by step. Do not skip any steps.



! Always keep both feet on the ladder and do not reach too far to clean anything. Place the stepladder at arm's length at most.



! Never jump off the ladder, even if it's only from 1 step.



! Go down the stairs slowly and watch out for the last step. Do not skip the last step.

! A handrail is not to be used for sliding off, sitting on, hanging from, or hanging objects from.