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**Ladderfix**  
safe by design

## SAFETY BASE INSTRUCTIONS

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### LADDERFIX SAFETY BASE

Ladderfix Safety Base dramatically increases resistance to outward slip and it also levels and prevents wobbling.

No individual procedure provides absolute safety and it is essential to adopt general good ladder practice including Ladderfix Safety Guidelines, and to adhere to current legislation.

1. FILLING SAFETY BASE. Open by pushing the two ends of the neck towards each other. **Pour in 3.5 litres of 10mm pea gravel** (do not use sharp edged materials such as crushed flint or concrete). Shake the gravel away from the neck and close the two layers of Velcro firmly and neatly together to avoid buckling. You can increase slip resistance by putting in somewhat more gravel, but do not overfill so that the bottom of the Safety Base will not lie flat on the ground.
2. BEFORE USING SAFETY BASE, make sure that your ladder is right for the job and that everything is in good condition and free of slippery materials.
3. ERECT THE LADDER just inside the angle of 1 in 4 (1 going 4 rising) and place Safety Base on the ground in front where the ladder ought to be. The apex of Safety Base is off centre and should be downhill on sideways slopes.
4. TAP DOWN SAFETY BASE firmly with your foot so that it does not wobble.
5. PLACE BOTH LADDER FEET on Safety Base, one each side of the apex. Move the ladder to the left or right to get it plumb. Avoid the edges.
5. BEFORE CLIMBING – ALWAYS ensure everything is stable. Beware of anything likely to cause instability e.g. backward slopes, loose ground, ice, moss, oil, polish or other slippery materials. If there is cause for doubt, tie a rope to a rung above the highest working position before erecting. Once erected, stand underneath grasp the dangling rope and without pulling sideways lift yourself an inch or so off the ground.
6. SAFETY. Safety Base dramatically increases overall safety by improving conditions at the bottom. It is always advisable and in most cases **mandatory** to secure your ladder at the top whenever practicable, e.g. tie or use one of the various Ladderfix products.

#### NOTICE

PLEASE READ THE SAFETY GUIDELINES IN CONJUNCTION  
WITH THE PRODUCT INSTRUCTIONS

# SAFETY GUIDELINES

## THE WORK AT HEIGHT REGULATIONS 2005 should be observed at all times

SECURE ladders at the top with the appropriate Ladderfix model or by tying.

CAUTION. Ladderfix products are convenient and safe providing that they and your ladder are in good condition and they are used in accordance with safe codes of practice.

## FURTHER USEFUL PRECAUTIONS

WINDS. Avoid using ladders if winds are more severe than a light breeze and be prepared for sudden gusts.

CARRYING LADDERS. Keep the ladder clear of the ground and obstructions, hesitate at steps, doorways and corners, and look in all directions before changing direction.

LOCATION. Do not erect ladder at doorways without taking particular precautions – ESPECIALLY FIRE EXITS. Make sure that ladder can be seen and avoided by pedestrians and vehicles. Corners are particularly risky. Do not forget about blind people and children.

UP-ENDING. Close the ladder as much as possible. Check for overhead cables, clothes lines, trees and other overhead obstructions, then check that the ground is reasonably clear. Because you may have repositioned the ladder, do the same when bringing the ladder down. Place bottom end against wall or kerb, lift the top end and walk forward holding the middle of each rung in turn, keeping the arms stretched up high. When the top of the ladder is at rest, bring the bottom outwards.

STABLE BASE. Do not erect on a box or a free standing tower.

LADDER ANGLE. Incline ladder at 1 in 4, i.e. 1 going 4 rising. Do not alter to compensate for poor site conditions.

OUTBUILDINGS AND SHALLOW ANGLES. Do not use ladder at a shallow angle to get to a window above an outbuilding, staking a ladder does not prevent ladder stress.

LADDER LEVEL. Both bottom stile ends MUST BE on a firm level surface and the rungs should be more or less horizontal. If the ground slopes sideways use Ladderfix Safety Base or Leveliser. Do not use loose packing.

SLIPPERY GROUND. At angles around 1 in 4, normal exterior level surfaces even when wet are not usually a problem, especially if rubber feet are used. BUT backward slopes, ice, oil, moss and polish are dangerous. Clean up all slippery material under and around not forgetting that you also might slip stepping on and off.  
Clean and inspect Ladder feet regularly

SOFT GROUND. When working on soft ground or flower beds, put down a stout board with a suitable slip resistant surface.

RUNGS AND FOOTWEAR. Make sure that they are free of slippery material. Footwear should have a proper arch to engage the rung. Soles should be substantial to avoid discomfort. Toes should be reinforced.

CLIMBING. Have at least one hand free to hold on. If you are climbing “one handed” hold the stile.

OVERLOADING. Do not exceed limits or allow more than one person on at a time.

HANDHOLD. Do not climb higher than 1 metre below the ladder top.

OVERREACHING. Do not allow both shoulders beyond one side of the ladder.

CAUTION. These SAFETY GUIDELINES are not an exhaustive list of precautions. They should not be taken as a substitute for any additional measures found necessary on site, nor do they guarantee that the use of a ladder is safe without regard to local conditions and are always subject to an employers risk assessment

Ladderfix products are covered by various international patents. Ladderfix, Microlite, And Leveliser are trade marks of Ladderfix Ltd