

SAFETY AND HYGIENE REGULATIONS



Servei de Prevenció de Riscos Laborals
UNIVERSITAT POLITÈCNICA DE CATALUNYA

FIXED LADDERS

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RECOMMENDATIONS ACCORDING TO APPENDIX IA OF ROYAL DECREE 486/1997, ESTABLISHING MINIMUM HEALTH AND SAFETY PROVISIONS FOR WORKPLACES

1. The minimum width of fixed ladders must be 40 centimetres and the maximum distance between rungs must be 30 centimetres.
2. For fixed ladders, the distance between the front of the rungs and the closest wall facing the ladder must be at least 75 centimetres. The minimum distance between the back of the rung and the closest fixed object must be 16 centimetres. There must be a space of 40 centimetres at either side of the central axis of the ladder, if the ladder is not equipped with a ladder cage or equivalent device.
3. When the step from the end of a fixed ladder onto the surface to be accessed represents a fall hazard due to a lack of supports, the rail or side of the ladder must be extended at least one metre above the last rung, or an alternative measures must be taken to provide a similar level of safety.
4. Fixed ladders that are over 4 metres high must have a protective enclosure around them, at least from this height onwards. This measure is not required in pipes, narrow wells and other installations whose design means that they already provide this protection.
5. If fixed ladders are used for heights above 9 metres, landing platforms must be installed every 9 metres or fraction of this height.

