



PORTABLE LADDERS

CODE

SHR 203

Date:

September 2012

Revision:

01

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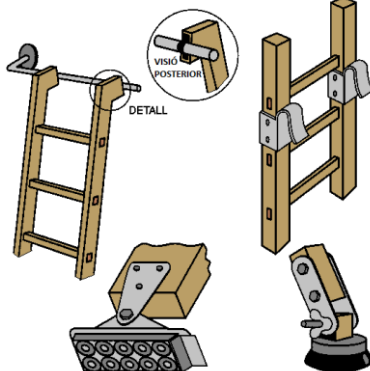
Royal decree 2177/200 establishing minimum health and safety provisions for operators of work equipment for temporary work at height

4.2 SPECIFIC PROVISION ON THE USE OF PORTABLE LADDERS

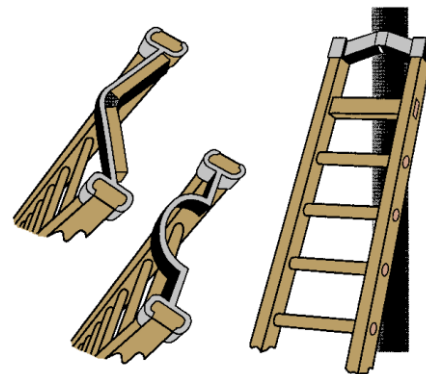
4.2.1 Portable ladders must be positioned in such a way that their stability is guaranteed during use. Their points of support must rest firmly on a stable support of a suitable size that is strong and immovable, so that the rungs are in a horizontal position. Hanging ladders must be attached safely in such a way that they cannot move and swinging movements are avoided, except in the case of rope ladders.

4.2.2 During use of a portable ladder, feet must be prevented from slipping by securing the upper or lower part of the rungs, by using an anti-slip device, or through any other equivalent effective solution. **Portable ladders used to access elevated areas must be long enough to extend at least one metre above the work plane that needs to be accessed.** For portable ladders comprised of several adaptable or extendable components, it must be ensured that all the components are locked and immobilized. Portable ladders with wheels must be immobilized before they are used. **Whenever possible, basic portable ladders must be placed at an approximate angle of 75 degrees from horizontal.**

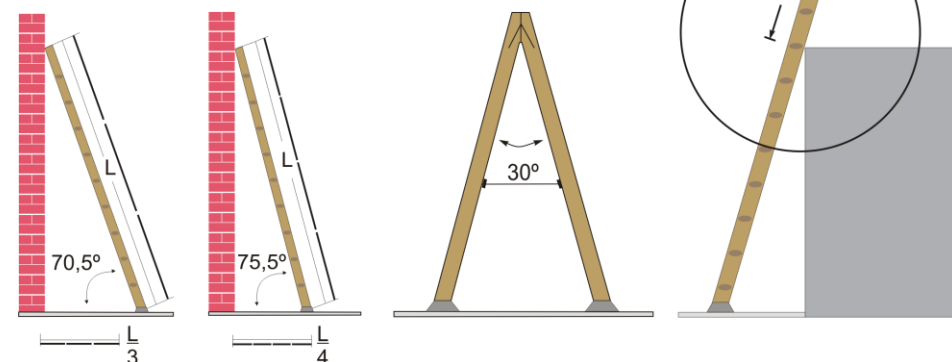
SISTEMES DE FIXACIÓ I RECOLZAMENT D'ESCALES



TIPUS DE RECOLZAMENTS D'ESCALES



INCLINACIÓ D'ESCALES I PUNT DE RECOLZAMENT SUPERIOR





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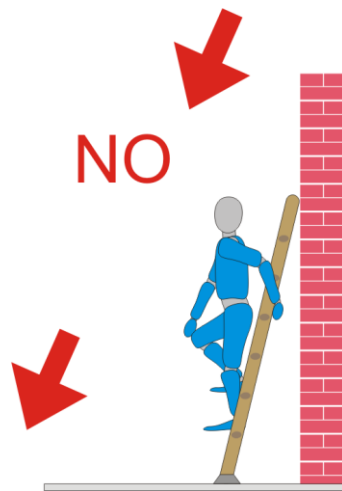
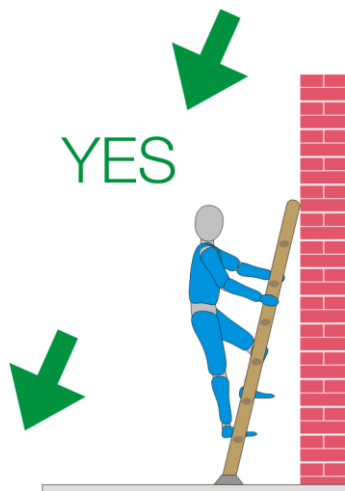
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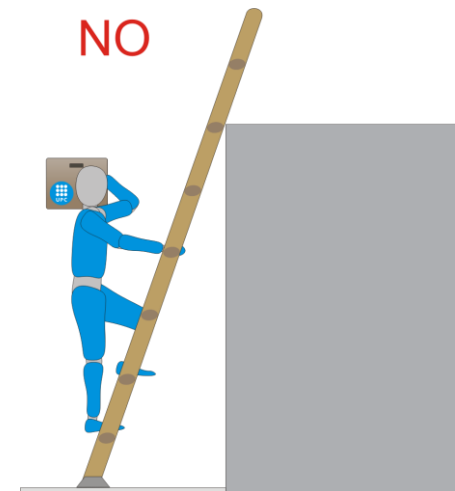
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4.2.3 When you are going up or down or working from a ladder, you must always face the ladder. Portable ladders must be used in such a way that workers have a safe point of support and attachment at all times. **Work carried out over 3.5 metres from the ground that requires movements or effort that is a risk for the stability of the worker can only be undertaken if personal fall arrest equipment is used or alternative protection measures are taken.** Loads must be carried up a portable ladder in such a way that it does not prevent the worker from holding onto the ladder safely. **The transport or handling of loads on fixed or portable ladders** is prohibited when the weight or size of the load could compromise the safety of the worker. Portable ladders must not be used by two or more people at the same time.



Personal fall arrest equipment



4.2.4 Ladders, particularly those that are over five metres long, should only be used if their strength is guaranteed. The use of homemade ladders is prohibited.

4.2.5 Portable ladders must be inspected periodically. The use of painted wooden ladders is prohibited, as it is difficult to detect any defects in them.