

SLOPING ROOF, FLAT ROOF AND GUTTERS continued

Flat roof Hook Microlite on rungs 3 and 4 or rungs 4 and 5 of the ladder, creating a minimum handhold of 1 metre.

Position both wheels on the roof so that the ladder is **supported clear of the gutter or edge**.

Adjust ladder angle and allow the Microlite to settle into place.

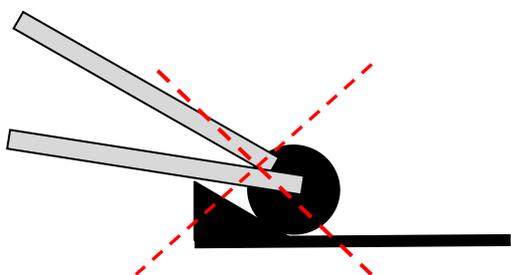
Make sure that the ladder stiles are touching the lower back bar of the Microlite. This ensures the correct working position of the Microlite.

Important

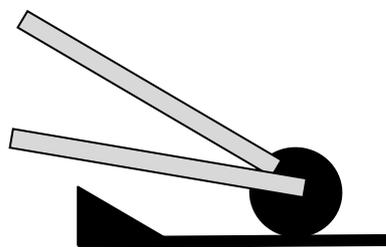
Keep the projecting limbs of the Microlite as far over the roof top as possible without touching the edge

Do not allow the wheels to get trapped in the angle of the reverse incline or lip at the edge of the flat roof

Check that the top hook is fully engaged before climbing



Wrong flat roof position



Right flat roof position

Gutters When required to access or clean a gutter, follow the procedure for sloping roof. See page 6. Although the Microlite can be hooked on rungs 2 and 3 if preferred.



Additional 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 the 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 the 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**.

