
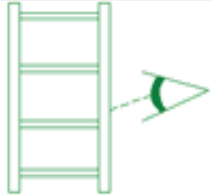
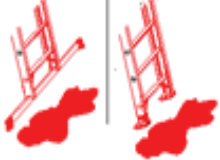


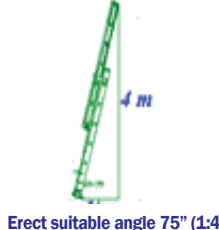


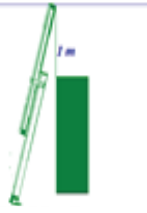
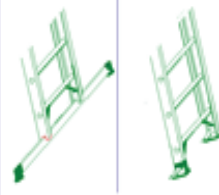




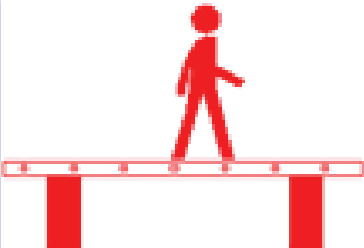
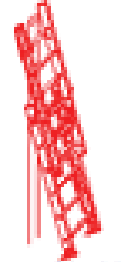
# STEP UP

A PRACTICAL SINGLE POLE (LEANING) LADDER  
(BS EN 131-1, 2 & 3)

# STEP UP

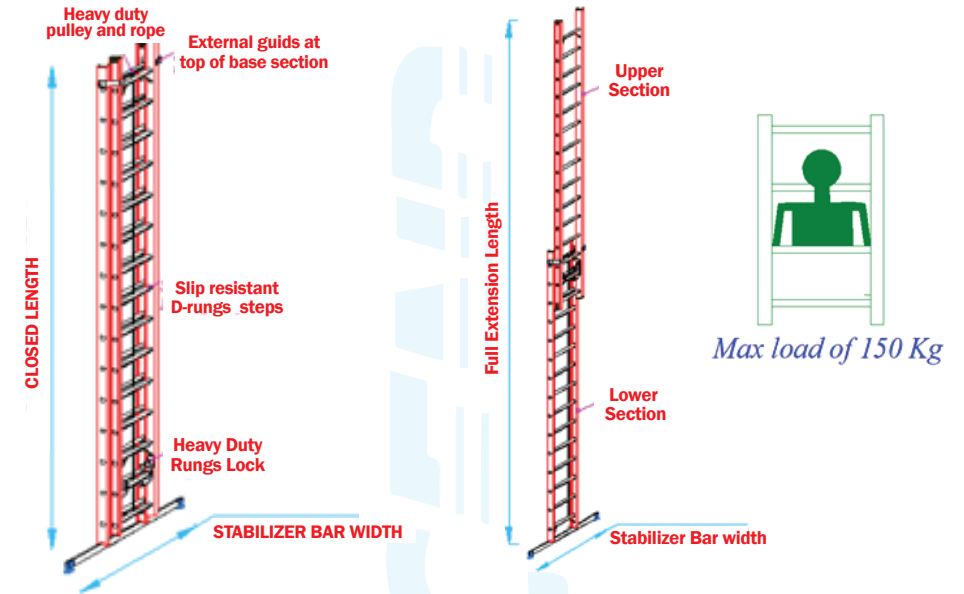
The following GREEN pictograms indicate proper use. The following RED pictograms indicate misuse and are provided as a visual reminder for use. They are not an exhaustive list of use instructions or warnings.

 <b>Read all instructions before use.</b>	 <b>Visual check before use</b>	 <b>Ensure ground is free from contaminants</b>	 <b>Erect on a level base</b>
 <b>Max load of 150kg</b>	 <b>Erect suitable angle 75° (1:4)</b>	 <b>Do not over reach</b>	 <b>Only one person per ascendable leg</b>
 <b>Extend ladder 1m above landing point</b>	 <b>Inspect Ladder Feet</b>	 <b>Do not step off the side of a Ladder</b>	 <b>Face ladder when ascending &amp; descending ladder</b>

 <b>Do not use the as a bridge</b>	 <b>Ensure top of ladder is correctly positioned</b>
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## EXTENSION LADDER FIBERGLASS INSTRUCTION MANUAL (BS EN 131-1,2 & 3)

### Technical Specification



EXTENSION LADDER FIBERGLASS: BS EN 131-1, 2 & 3  
(TECHNICAL SPECIFICATION)

Size(m)	Length (M)		No. of Rungs		Upper Section		Lower Section		Stabilizer Bar Width(m)	Weight (Kg)
	Closed Length	Full Extended length	Closed	Full Extended	Inside Width (m)	Outside Width (m)	Inside Width (m)	Outside Width (m)		
8+8	2.45	3.84	8	13	0.348	0.408	0.374	0.434	0.80	14.1
9+9	2.73	4.40	9	15					0.85	15.4
10+10	3.01	4.96	10	17					0.91	16.6
11+11	3.29	5.52	11	19					0.96	17.9
12+12	3.57	6.08	12	21					1.02	19.2
13+13	3.85	6.64	13	23					1.08	20.6
14+14	4.13	7.20	14	25					1.13	22.0
15+15	4.41	7.76	15	27					1.19	23.5



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# STEP UP

A PRACTICAL SINGLE POLE (LEANING) LADDER  
(BS EN 131-1, 2 & 3)

# STEP UP

ASSEMBLY INSTRUCTION

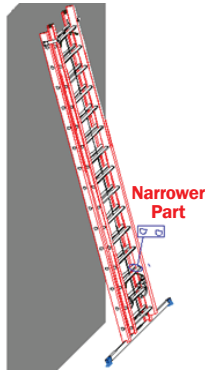
## INTENDED USE

- The Extension (Leaning) Ladder is designed and intended for domestic & Industry use.
- This ladder is not a toy. Children should be supervised at all times to ensure they do not play with the ladder system.
- Only use the ladder system as described in these instructions. Any other use is deemed improper and may result in damage to property, personal injury or even death.

## Using Your Ladder Safely

- Once you have done your pre-use check, the following simple precautions can minimize the risk of a fall.

## Assembly Instruction

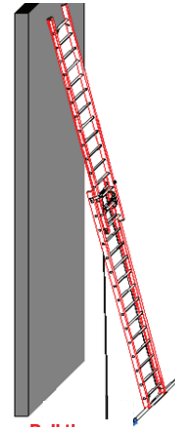


### Step 1

Lean the ladder against a wall, during which time the narrower part must face the user. The ladder shall be erected at the correct position, such as the correct angle  $75^\circ$  for a leaning ladder (angle of inclination approximately 1:4) with the rungs or treads level (e.g. 1m away from the base of a wall if extending to climb 4m up).

### Step 2

Take hold of the rope on the right-hand side and pull the narrow part of the ladder into the required position. To lock the ladder, stop pulling on the rope and release it by moving it approximately 20 cm back, during which time the catches in the rope mechanism will rest against a rung and the ladder is automatically secured against retracting.

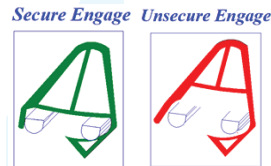


### Step 3

If you need to retract an extended ladder, extend the narrower part another 20 cm upwards without releasing and pull the tensioned rope towards you, during which time the system of catches joined with a peg will be released; slowly release the rope you have pulled towards you into the required height position. Then move the rope in the direction of the ladder and catches will be secured again.

**When extending and retracting the ladder do not place your hand between the rungs, or you risk injury**

**If possible, have another person hold the ladder when you are working on it.**



**Pull the rope part of the ladder into the required height.**

## Positioning and Erecting the Ladder

- The ladder shall be erected at the correct position, such as the correct angle  $75^\circ$  for a leaning ladder (angle of inclination approximately 1:4) with the rungs or treads level (e.g. 1m away from the base of a wall if extending to climb 4m up).
- The ladder must be used on a level, horizontal and unmoving surface
- Ladder Should be leaned against a flat and non crumbling surface and should be secured before use
- Suitable stabilizing elements should be used. Both upper ends of the ladder must be leaned against the wall so that the load is transferred uniformly.
- Do not use a ladder leaning against a post without post braces secured using a chain.
- The ladder must never be moved from above.
- When positioning the ladder take into consideration the risk of something colliding with the ladder in the work area, (for example, pedestrians, vehicles, or doors,
- The Ladder must be supported on its feet, not on the rungs or steps.
- Ladder must be not be positioned on slippery surface (for instance on ice, shiny surface or heavily soiled solid surfaces)
- Establish any electrical risks within the work area, for instance electrical or other main above the users head, other unprotected electrical equipments.

## Loss of stability

- Incorrect positioning (leaning the ladder at the incorrect angle,)
- When the bottom of the ladder slips (the bottom of the ladder is not secured and slips away from the wall)
- Slipping to the side, falling to the side and overturning the top of the ladder (the ladder does not reach high enough over the upper contact surface or an unstable upper contact surface)
- Ladder condition (missing anti-slip feet)
- Coming down a ladder that is not secured at the top
- Terrain conditions (unstable soft soil, sloping terrain, slippery surfaces or soiled solid surfaces)
- Unfavorable weather conditions (windy weather)
- Collision with the ladder (door or a vehicle)
- Unsuitable selection of a ladder (too short, unsuitable activities)

## The user slipping or falling

- Unsuitable footwear
- Dirty rungs or steps
- The user's dangerous actions (climbing the ladder two rungs at a time, sliding down the side-rails)

## Structural defect in the ladder

- Condition of the ladder (damaged side-rails, wear)
- Over-loading the ladder

## Danger posed by electrical current

- Positioning the ladder immediately next to electrical equipment under voltage (electrical mains above the user's head)
- Incorrect selection of the type of ladder for electrical work!

## Using the Ladder – General Rules

- DO Make sure Face a ladder when climbing up or down, keep body centered between side rails
- DO Make sure Maintain a firm grip, use both hands in climbing
- DO Make sure the ladder only one person at a time should climb a ladder
- DO Make sure you carry out risk assessment
- DO Make sure ladder is the correct of equipment for the job
- DO Make sure the ladder is at the right height for the job
- DO Make sure you are wearing the correct footwear
- DO Make sure you are wearing a helmet
- DO Make sure the ladder is safe and in good condition
- DO Make sure the rungs are clean and secure
- DO Make sure the leaning ladder correct position, such as the correct angle  $75^\circ$  for a leaning ladder (angle of inclination approximately 1:4)
- DON'T over reach, move ladder when needed
- DON'T climb, stand or sit above three rungs/ steps from the top, this can cause stability issues
- DON'T walk or jog ladder when standing on it
- DON'T stand, climb or sit on ladder top, pail shelf, braces, or back section
- DON'T overload, ladder is meant for one person
- DON'T overload yourself with tools and materials
- DON'T connect two ladders to each other
- DON'T work near electrical or overhead hazards
- DON'T work in poor weather conditions
- DON'T present a hazard to traffic or passers

## Proper care & Storage of ladders

- Store ladders in a safe, dry place
- Proper secure & support ladder while transit
- Keep ladder clean and free of foreign materials
- Store the correct way up.
- The base should always sit on the ground.
- Regularly clean and lubricate the ladders moving parts