


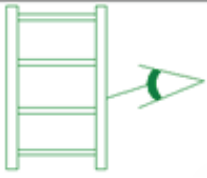
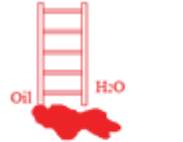
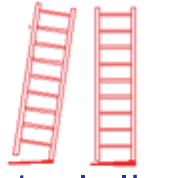

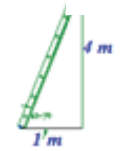








STEP UP

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

STEP UP

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


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.

 Read all instructions before use.	 Visual check before use	 Ensure ground is free from contaminants	 Erect on a level base
 Max load of 150kg	 Erect suitable angle 75° (1:4)	 Do not over reach	 Only one person per ascendable leg
 Extend ladder 1m above landing point	 Inspect Ladder Feet	 Do not step off the side of a Ladder	 Do not use the as a bridge
DANGER ELECTROCUTION HAZARD FAILURE TO READ AND FOLLOW THE INSTRUCTIONS ON THIS LADDER MAY RESULT IN INJURIES OR DEATH		 Face ladder when ascending & descending ladder	 Ensure top of ladder is correctly positioned

⇒ DANGER ! Metal conducts Electricity Don't let ladders or any material come in contact with live electrical wires.

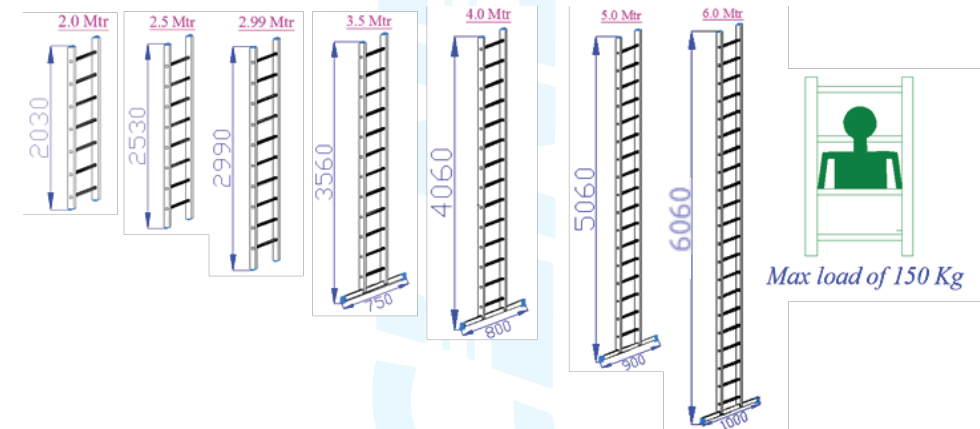
⇒ Do not positioning the ladder immediately next to electrical equipment under voltage (electrical mains above the user's head)

⇒ Incorrect selection of the type of ladder for electrical work



THIS LADDER CONDUCTS ELECTRICITY

Technical Specification



STRAIGHT / SINGLE POLE LADDER: BS EN 131-1, 2 & 3 (TECHNICAL SPECIFICATION)					
Size(m)	No. of Rungs	Inside width (m)	Outside Width(m)	Stabilizer Bar Width(m)	Weight (kg)
2.0	7	0.31	0.36	Nil	4.0
2.5	8	0.31	0.36	Nil	4.8
2.99	10	0.31	0.36	Nil	5.6
3.5	12	0.31	0.36	0.75	6.7
4.0	14	0.31	0.36	0.80	7.6
5.0	17	0.31	0.36	0.90	9.6
6.0	21	0.31	0.36	1.00	11.8



ASCEND ACCESS SYSTEMS SCAFFOLDING L.L.C

Tel : +971 4 885 5001
Email : sales@ascenduae.com
Website : www.ascenduae.com

INTENDED USE

- The single pole (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.

Inspection before Each Use

- Ensure that you are not in poor health, subject to fainting spells, have physical handicap that would impair your climbing ability, or if you are under the influence of any drugs or alcohol (including legal drugs that may cause drowsiness), you should not use a ladder
- Visually check the ladder is not damaged and is safe to use at the start of each working day when the ladder is to be used.
- Inspect upon receipt and before each use. Never climb a damaged bend or broken ladder, all working parts must be in good working order.
- Stay focused on safety whenever you are on the ladder, and keep your body weight between the rails
- Remove any contamination from the ladder, such as wet paint, mud, oil or snow.
- Do not use in high winds or during a storm.

Positioning and Erecting the Ladder

- The ladder shall be erected at the correct position, such as the correct angle 75° 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 supported on its feet, not on the rungs or steps.
- Ladder must 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, opening a stepladder incompletely)
- 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)

Manipulation

- Carrying the ladder to the worksite (the ladder falling from a vertical position)
- Carrying items up or down the ladder (heavy or large items, loss of stability)

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

- Unavoidable work under voltage (contact when establishing a defect)
- 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 ladder correct position, such as the correct angle 75° 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 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