

EMBERTON PARISH COUNCIL – METHOD STATEMENT FOR WORKING AT HEIGHT

Work from Ladders

1. Confirm that the ladder you are about to use is in good condition and fit for purpose.
2. Never leave the ladder unattended.
3. Ensure the ground where the base of the ladder is placed is suitable for footing the ladder. If the ground is not suitable, stop work immediately and contact the parish council.
4. Climb the ladder to commence work. Three points of contact should be maintained while ascending the ladder.
5. Once work is completed three points of contact should be maintained while descending the ladder

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