

# CAUTION AT HEIGHT

SAFETY INSTRUCTION CARD FEBRUARY



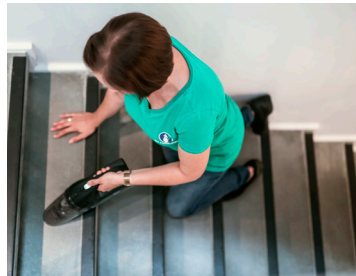
## PROPER USE OF STEPLADDER

- ✓ **Always use a stepladder with handle or support bracket, max. 3 steps, non-slip feet and non-slip treads.** Do not use damaged ladders.
- ✓ **Make sure steps are clean, clean of grease.** Do not leave cloths on the steps.
- ✓ Place the step ladder on a **stable surface** and never on a table.
- ✓ **Snap the ladder fully open.** Never use the ladder folded.
- ✓ **Always provide 3 points of contact with the stepladder:** place your 2 feet on the steps and 1 hand on the support bracket.
- ✓ **Wear proper footwear:** no flip-flops, open shoes or shoes with slippery soles.

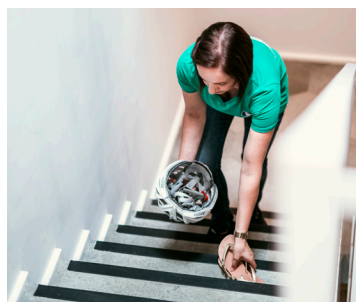


## BE ALERT ON THE STAIRS

- ✓ **Always turn on the light** when going up/down stairs.
- ✓ **Vacuuming the stairs?** Preferably use a **handheld vacuum cleaner** or a dust buster.



- ✓ **Remove obstacles on the stairs first** before going them up.

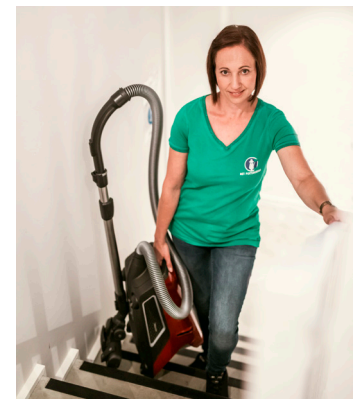


- ✓ **Always hold on to the handrail with one hand.** This gives you extra support & prevents you from falling.



- ⚠ **Don't get distracted on the stairs.** A staircase is not for catching up, calling or texting,...

- ⚠ **As much as possible, avoid moving objects via the stairs and always use the handrail.** Only easily handled items that do not obstruct vision may be carried on the stairs. When moving a vacuum cleaner up or down, always keep one hand on the handrail.



- ✓ **Report defects on the stairs to the customer,** for your own safety and that of the customer.



# DANGEROUS POSTURES & ACTIONS AT HEIGHT

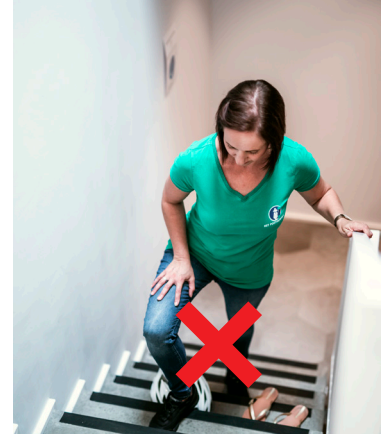
- ⚠️ **Don't hang out the window or stand on a windowsill to clean windows.**



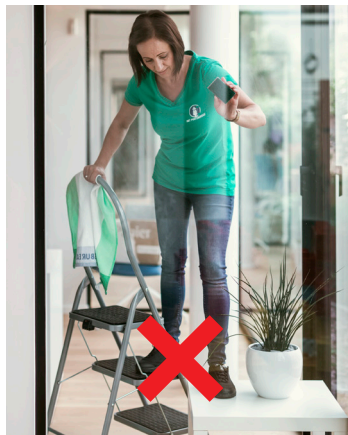
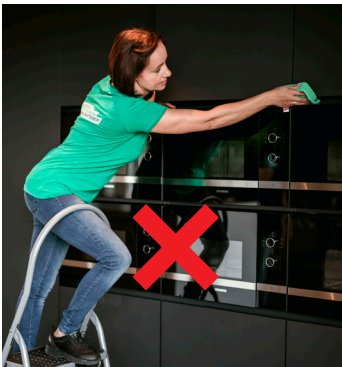
- ⚠️ **Never stand on the support bracket of your stepladder, cabinets, radiators, tables or chairs.**



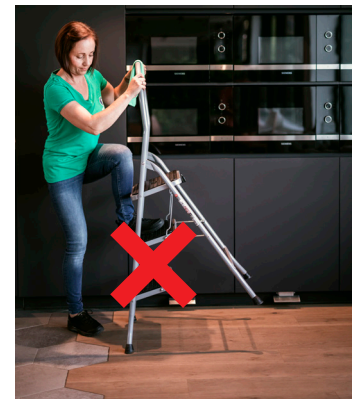
- ⚠️ **Do not walk up the stairs and always take step by step. Do not skip any steps.**



- ⚠️ **Always keep both feet on the ladder and do not reach too far to clean anything.**  
Place the stepladder at arm's length at most.



- ⚠️ **Never jump off the ladder, even if it's only from 1 step.**



- ⚠️ **Go down the stairs slowly and watch out for the last step. Do not skip the last step.**

- ⚠️ **A handrail is not to be used for sliding off, sitting on, hanging from, or hanging objects from.**

