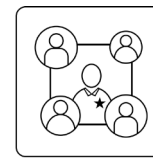


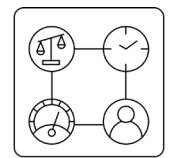
Kompetanse



Arbeidsoperasjoner



Ledelse og kultur

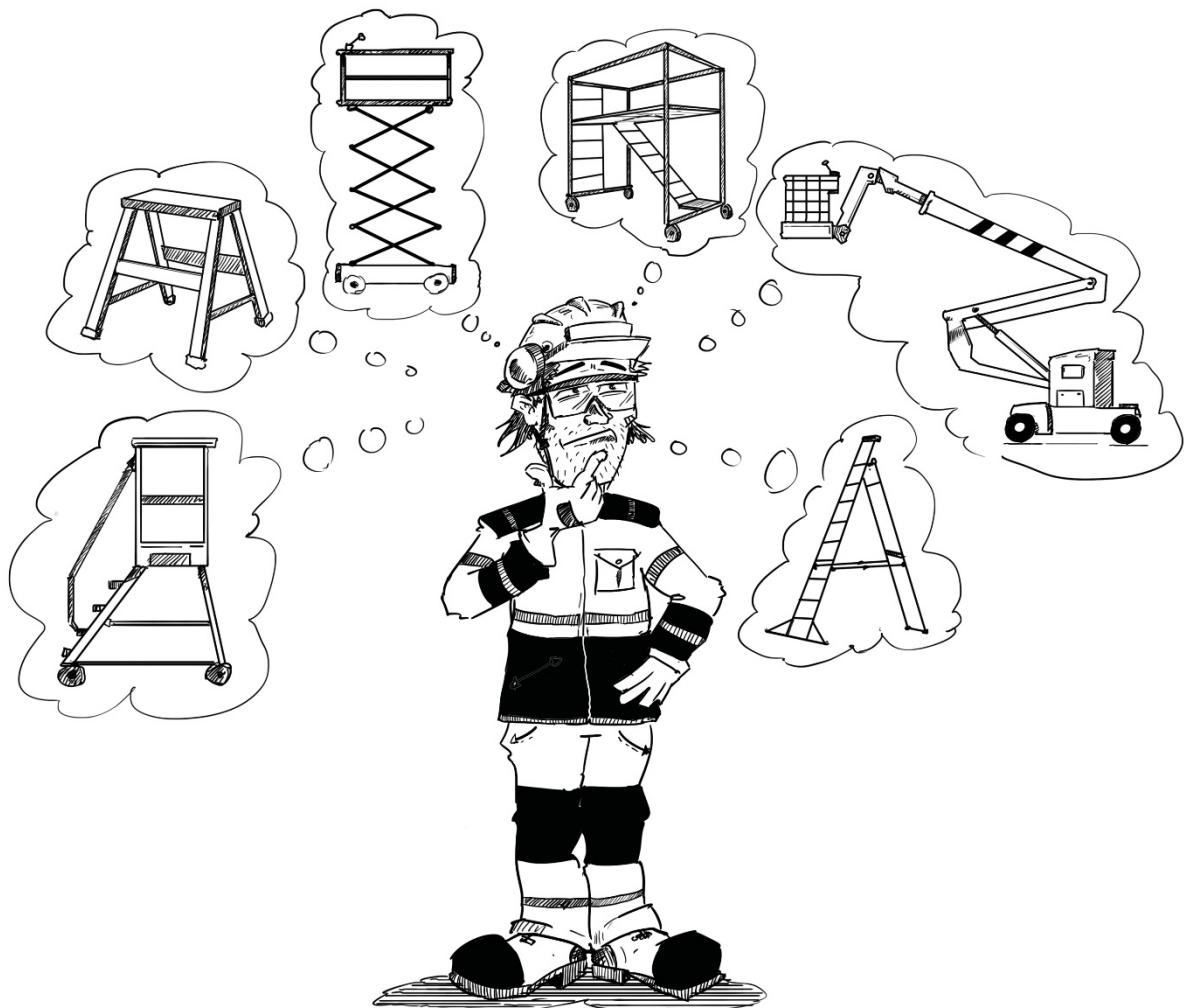


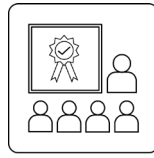
Rammebetingelser

Safe use of stepladders

This user guide has been made for everyone who needs to work from stepladders, to help choose the right working equipment, and to work safely at heights.

The guide will give you some tips on how to choose your work platform, what tools that are appropriate to use from stepladders, what to consider in your surroundings, what to inspect before working from your stepladder, and how to work safely and correct for your body.

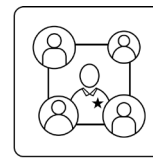




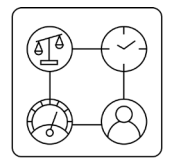
Kompetanse



Arbeidsoperasjoner

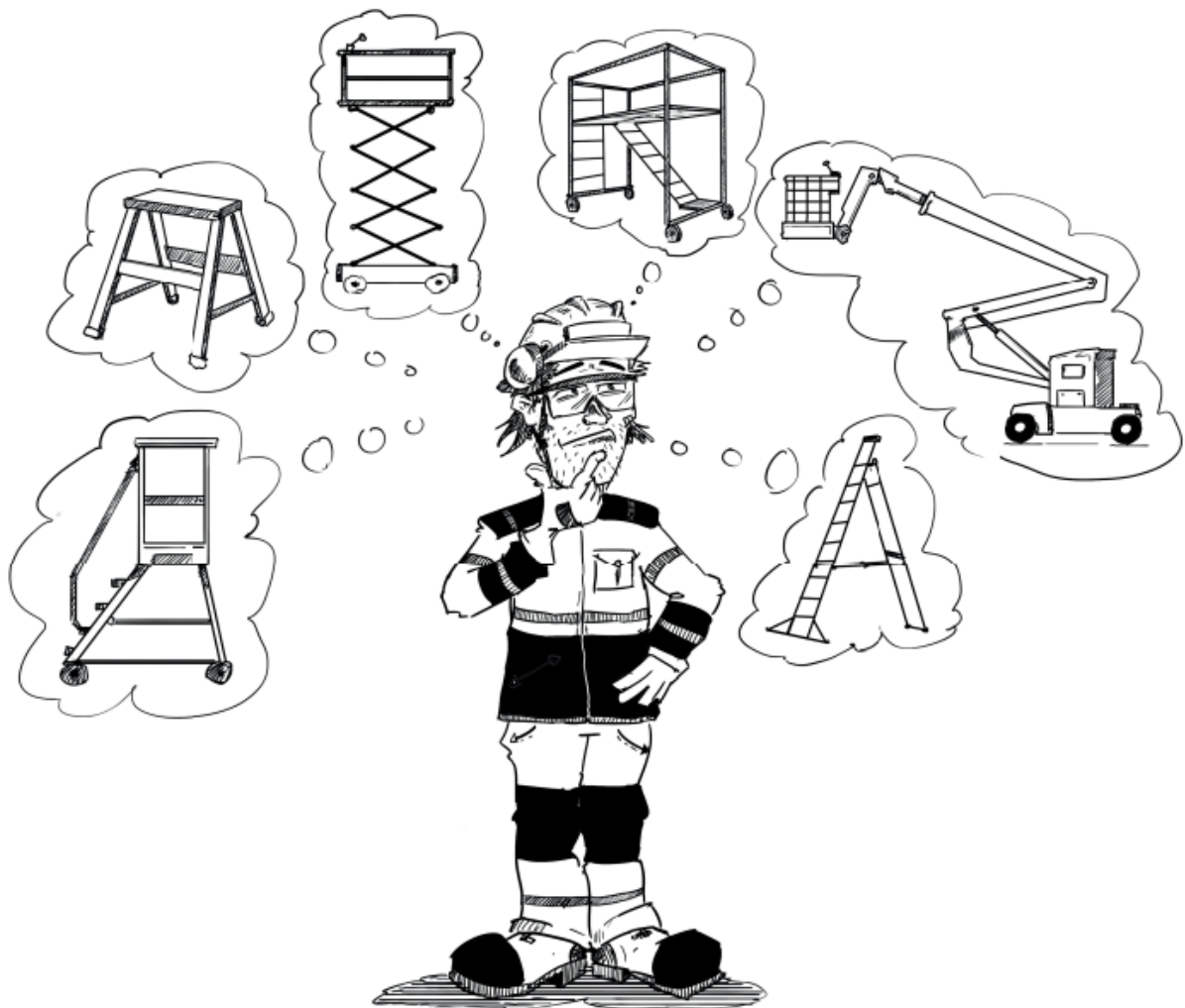


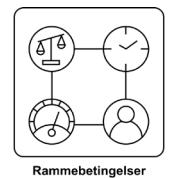
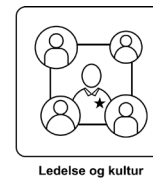
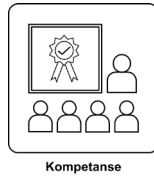
Ledelse og kultur



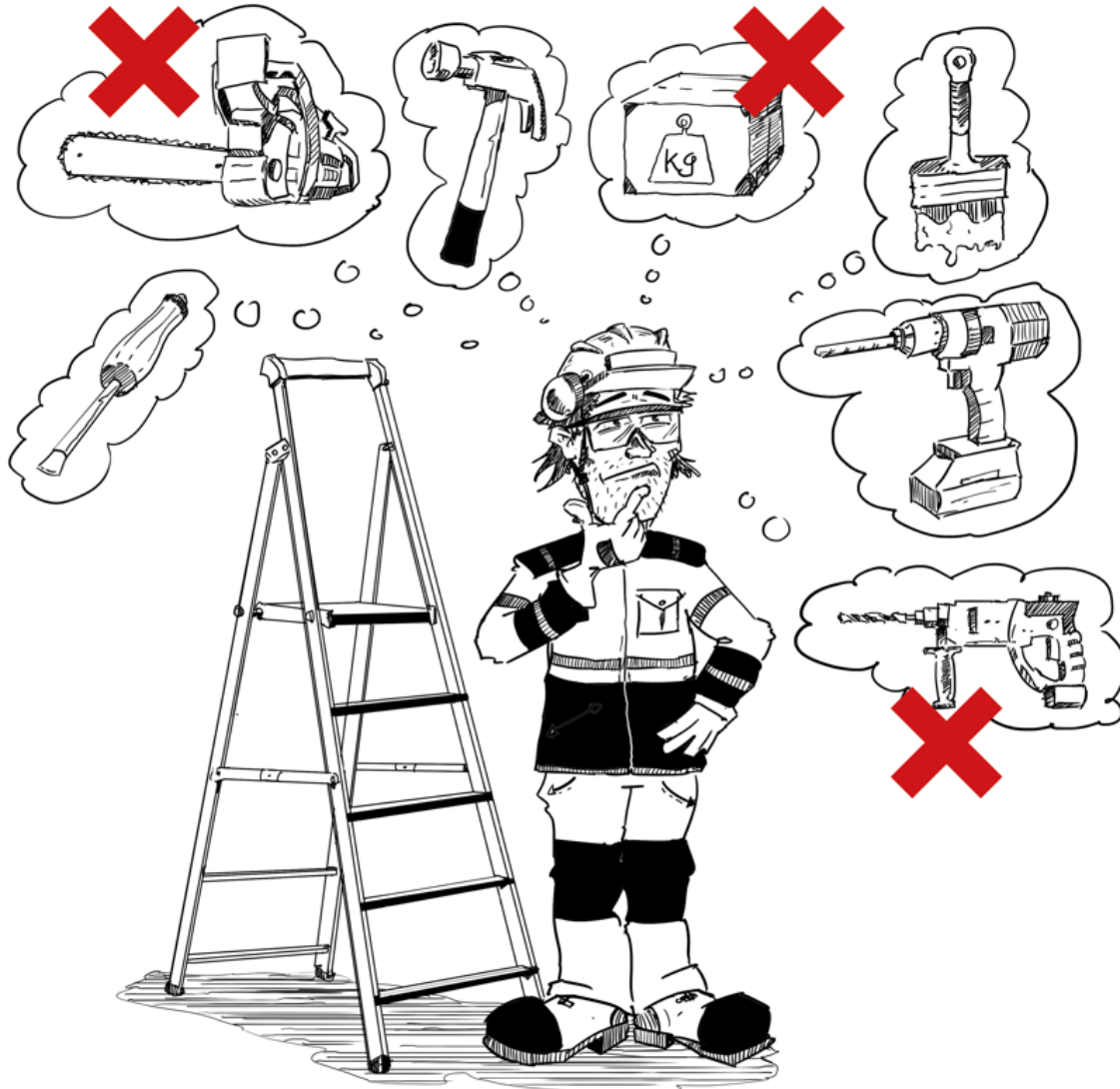
Rammebetingelser

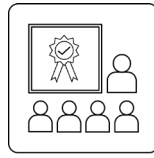
Choose the equipment that best fits your task when working at heights





Consider what tasks and tools that are suitable for stepladders

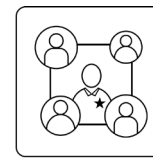




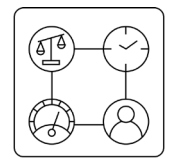
Kompetanse



Arbeidsoperasjoner

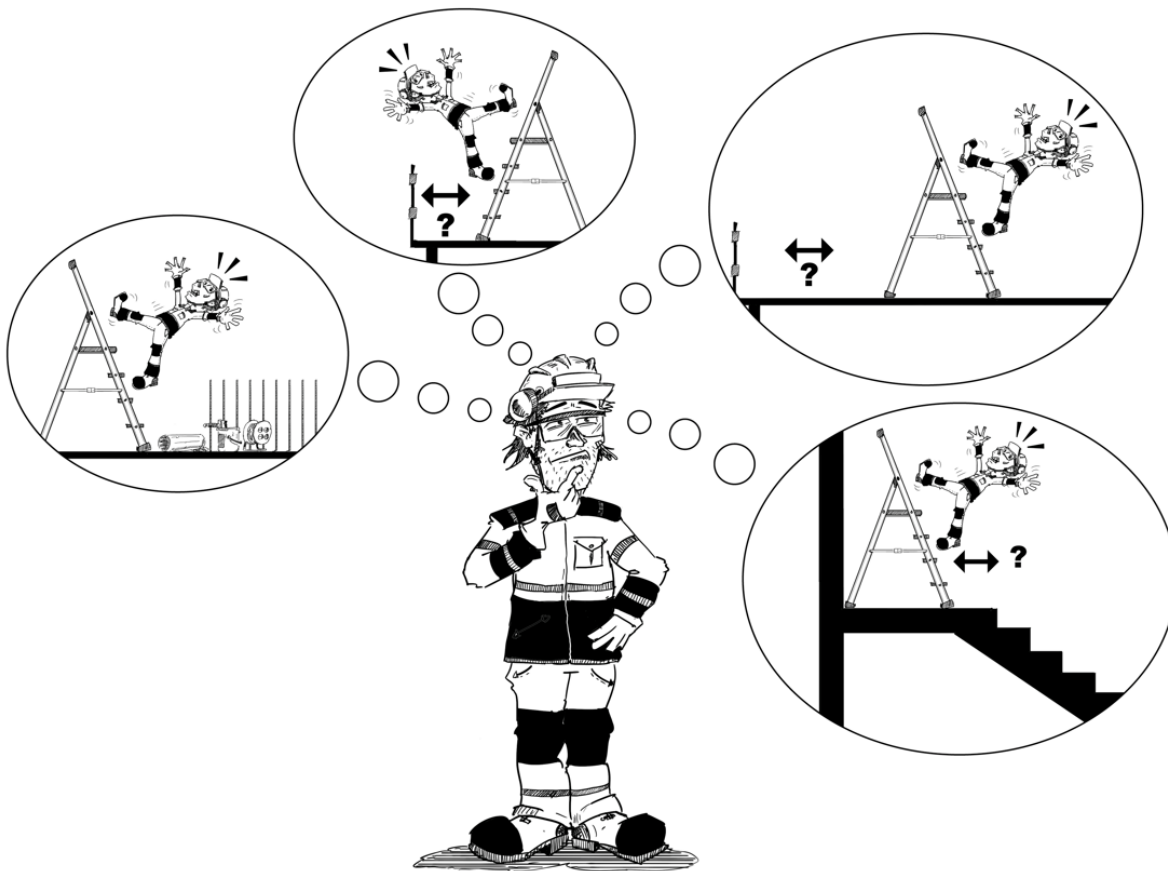


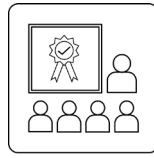
Ledelse og kultur



Rammebetingelser

Consider your surroundings – what happens if I fall here?

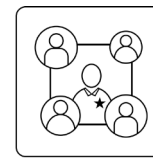




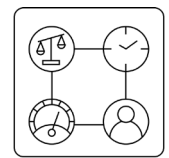
Kompetanse



Arbeidsoperasjoner

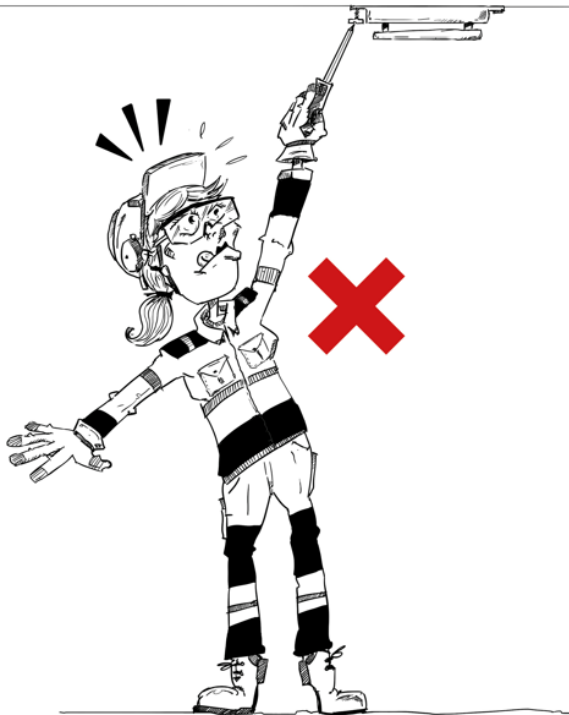


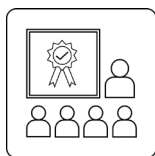
Ledelse og kultur



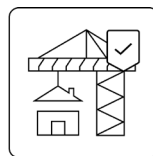
Rammebetingelser

Reduce strain on your body as much as possible – work ergonomically correct

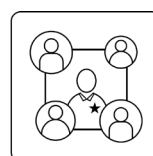




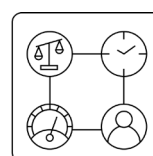
Kompetanse



Arbeidsoperasjoner



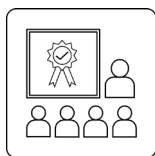
Ledelse og kultur



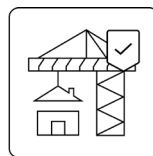
Rammebetingelser

Use stepladders correctly

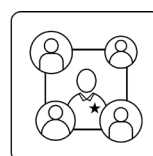




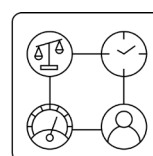
Kompetanse



Arbeidsoperasjoner



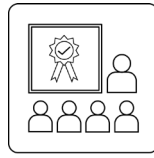
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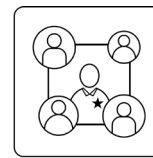




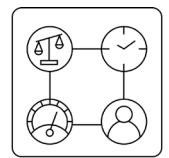
Kompetanse



Arbeidsoperasjoner



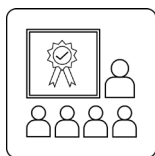
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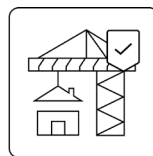
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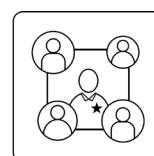




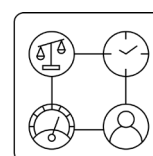
Kompetanse



Arbeidsoperasjoner

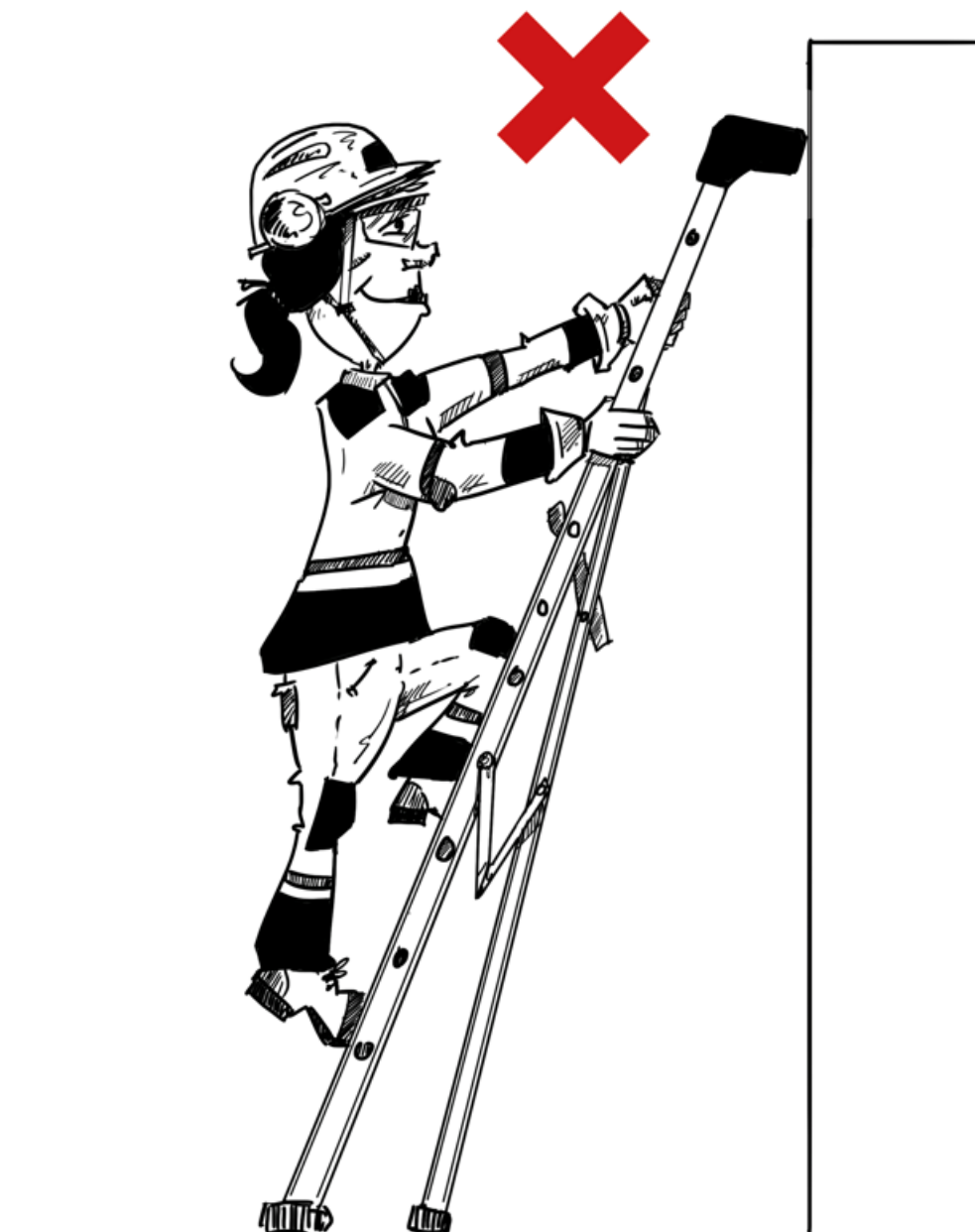


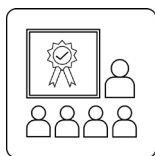
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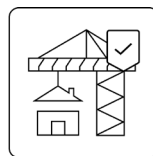
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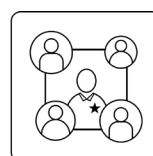




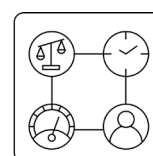
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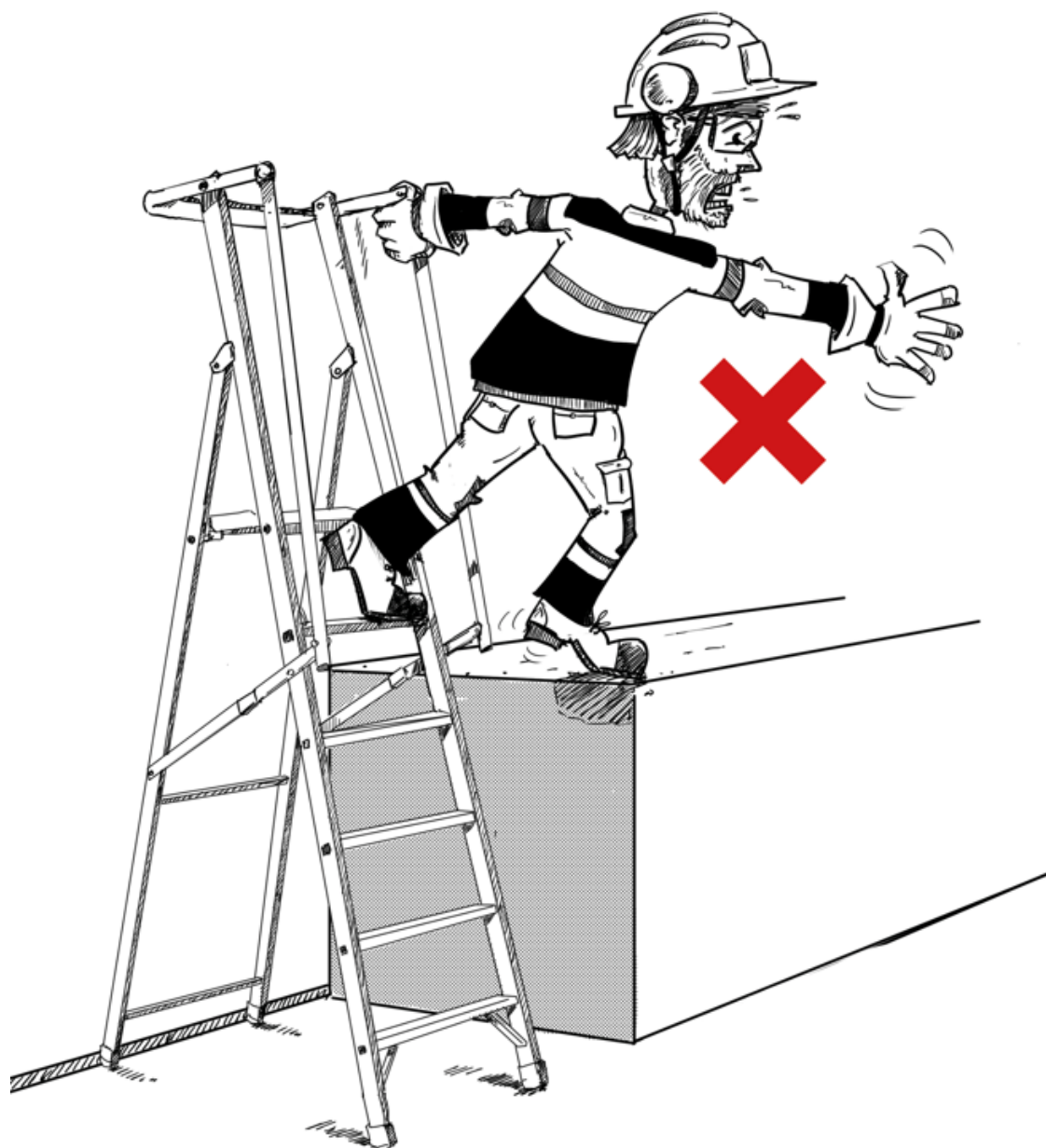


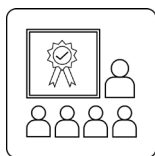
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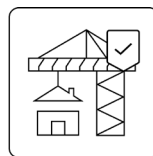
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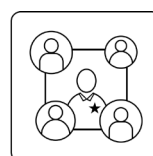




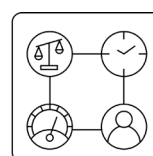
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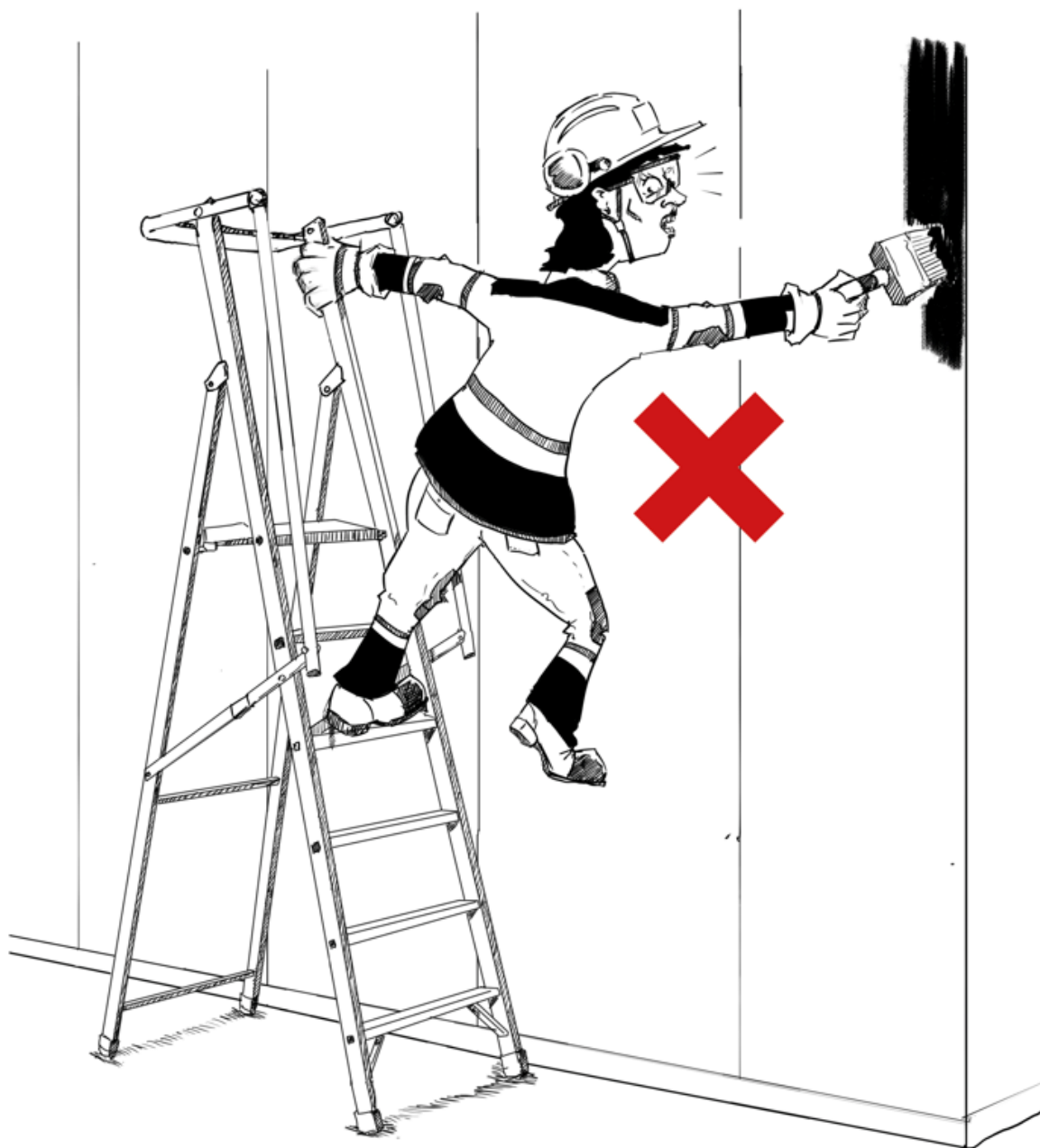


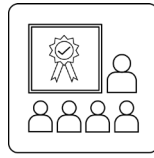
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Rammebetingelser

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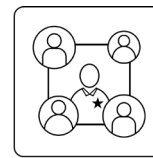




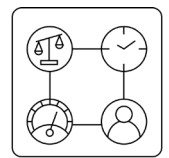
Kompetanse



Arbeidsoperasjoner

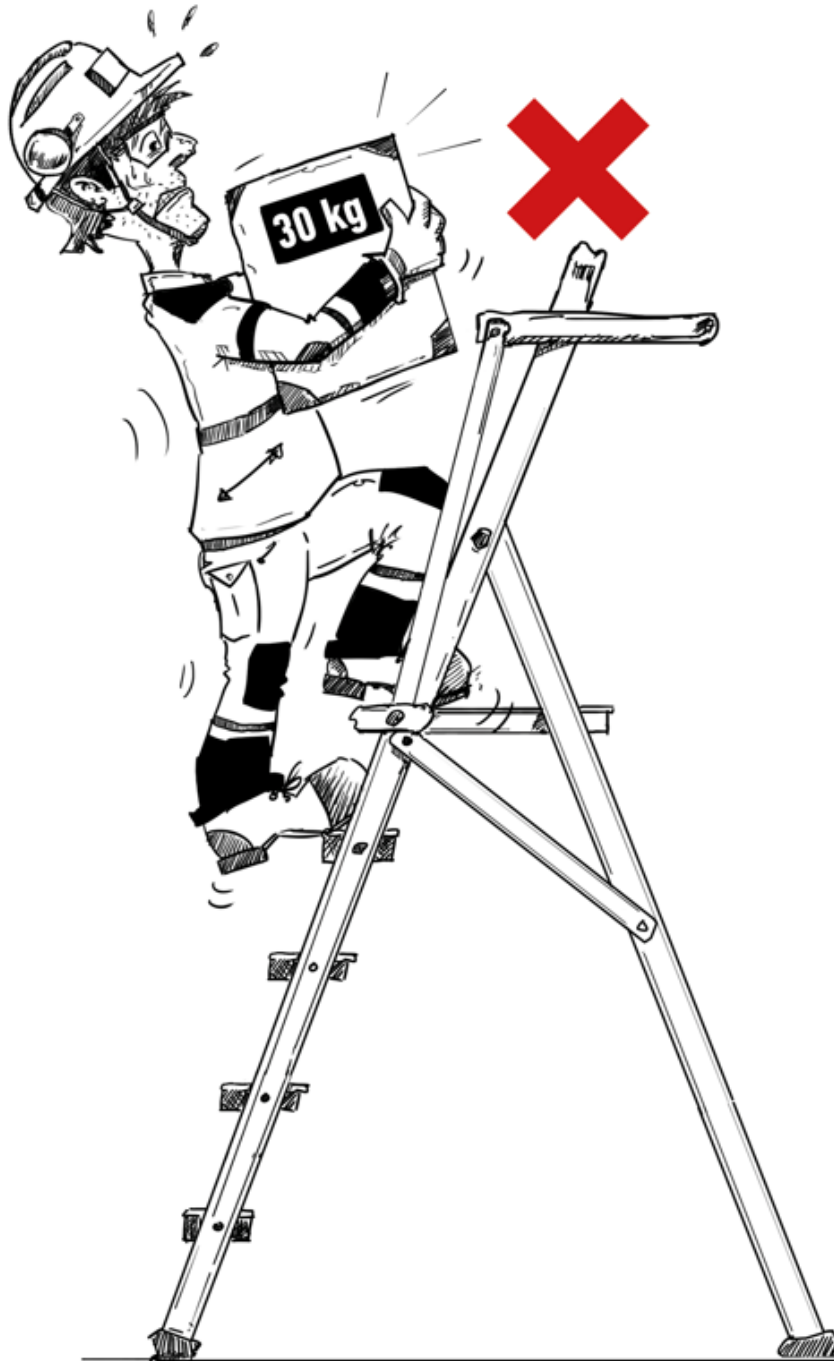


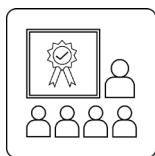
Ledelse og kultur



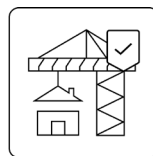
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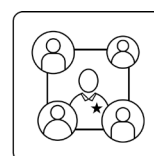




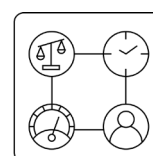
Kompetanse



Arbeidsoperasjoner

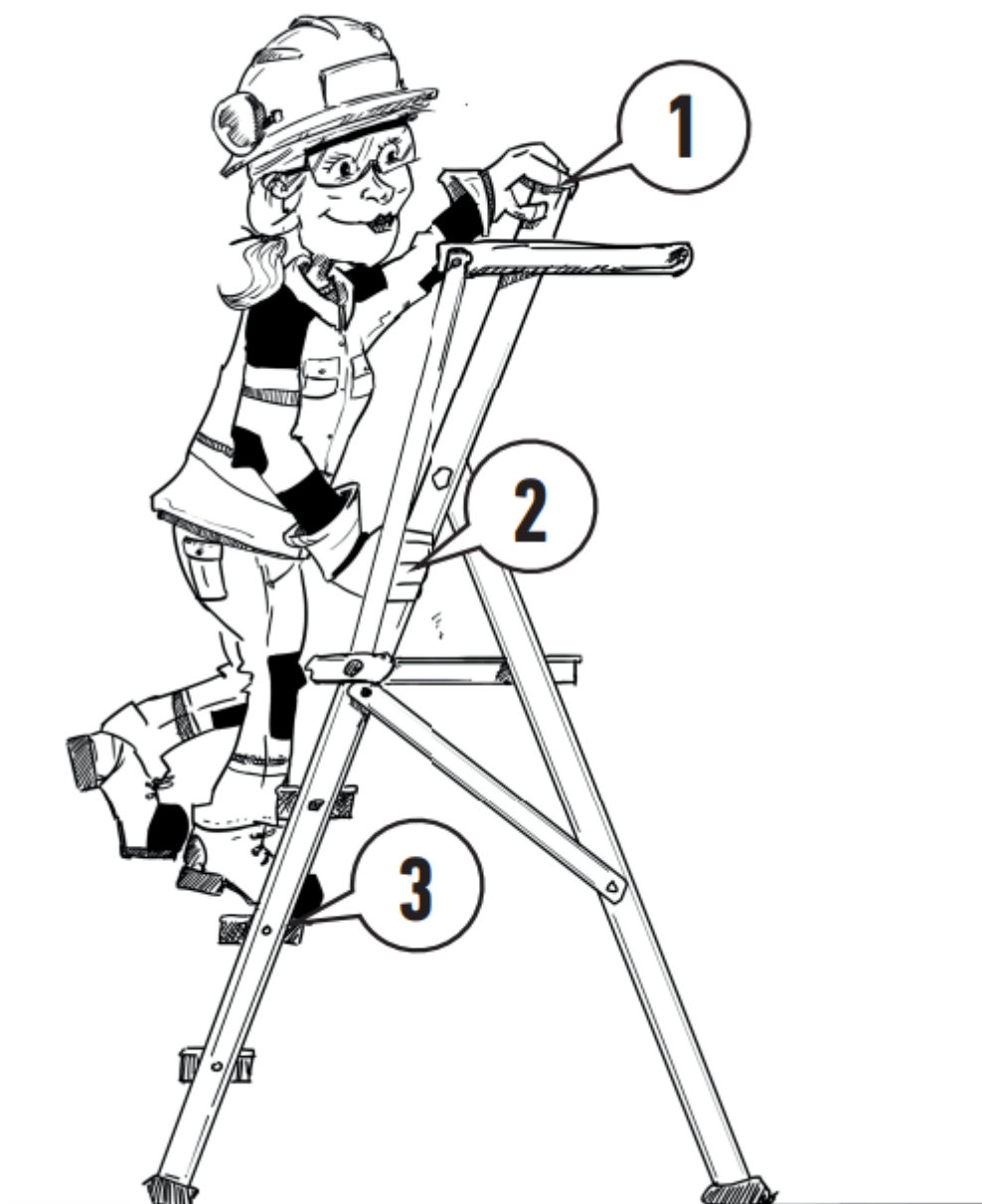


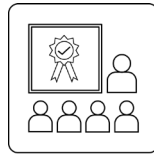
Ledelse og kultur



Rammebetingelser

As a basic rule, one should always have 3 points of contact towards the stepladder when working from one.

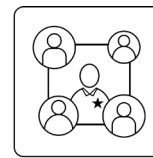




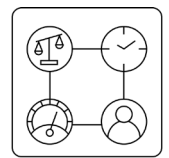
Kompetanse



Arbeidsoperasjoner

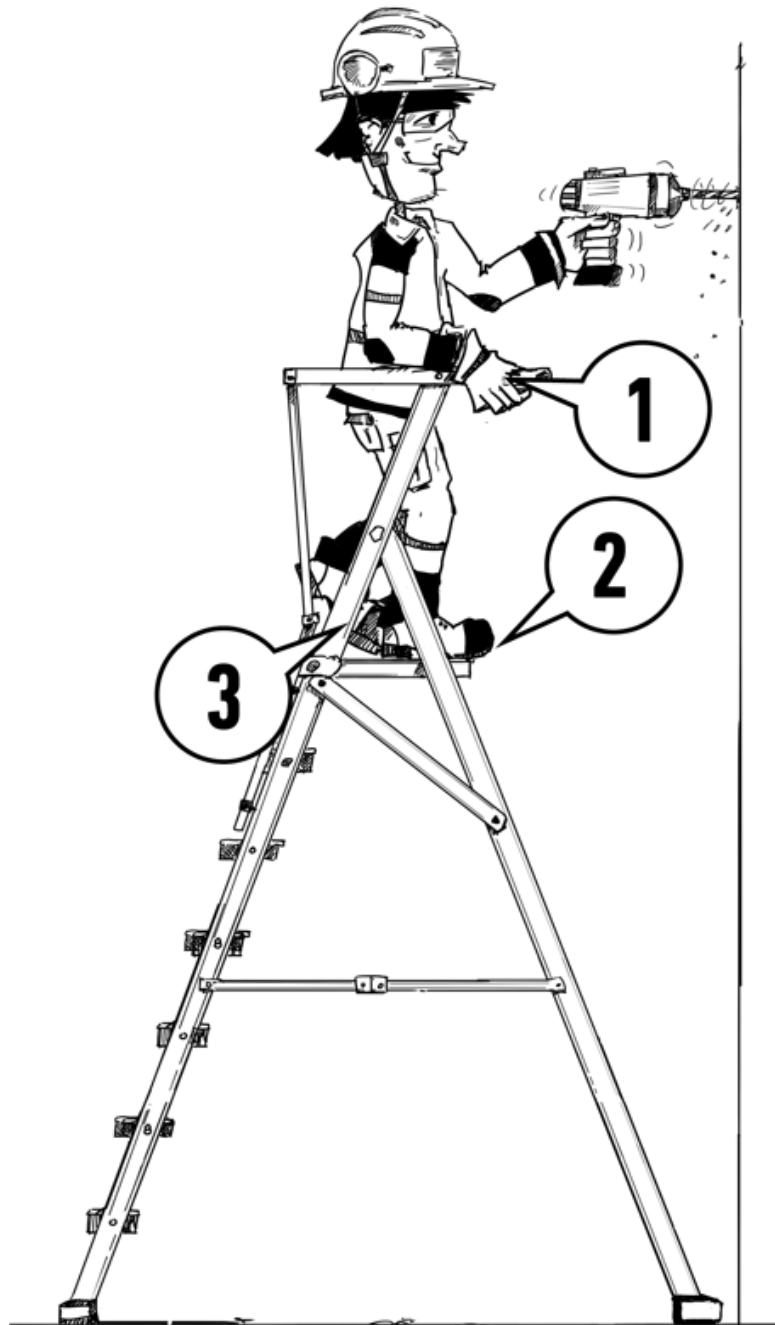


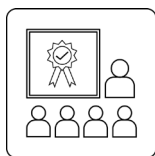
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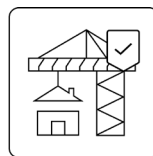
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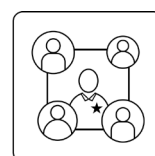




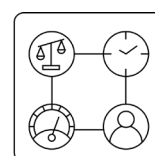
Kompetanse



Arbeidsoperasjoner



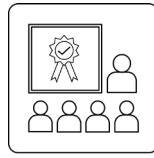
Ledelse og kultur



Rammebetingelser

Inspect stepladders before use – discard damaged equipment

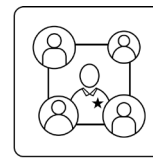




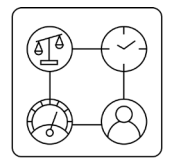
Kompetanse



Arbeidsoperasjoner



Ledelse og kultur



Rammebetingelser

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