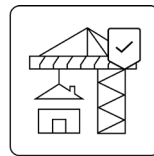
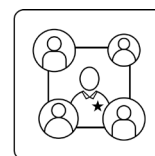


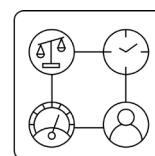
Kompetanse



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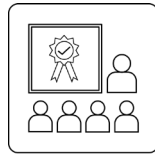
Rammebetingelser

# Bezpieczne użytkowanie drabin rozstawnych i schodków

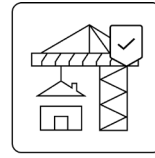
Niniejsza instrukcja została stworzona dla wszystkich, którzy korzystają z rozstawianych drabin i schodków, aby ułatwić im wybór odpowiedniego sprzętu i zadbać o bezpieczną pracę na wysokości.

Znajdziesz tu kilka wskazówek na co zwrócić uwagę przy wyborze platformy do pracy na wysokości, jakie narzędzia nadają się do pracy z drabiny czy schodków, na co powinieneś zwrócić uwagę w swoim otoczeniu, co skontrolować zanim zaczniesz używać schodków i jak pracować bezpiecznie i ergonomicznie.

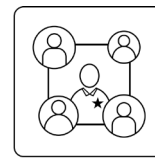




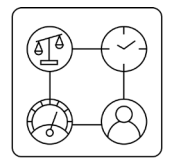
Kompetanse



Arbeidsoperasjoner

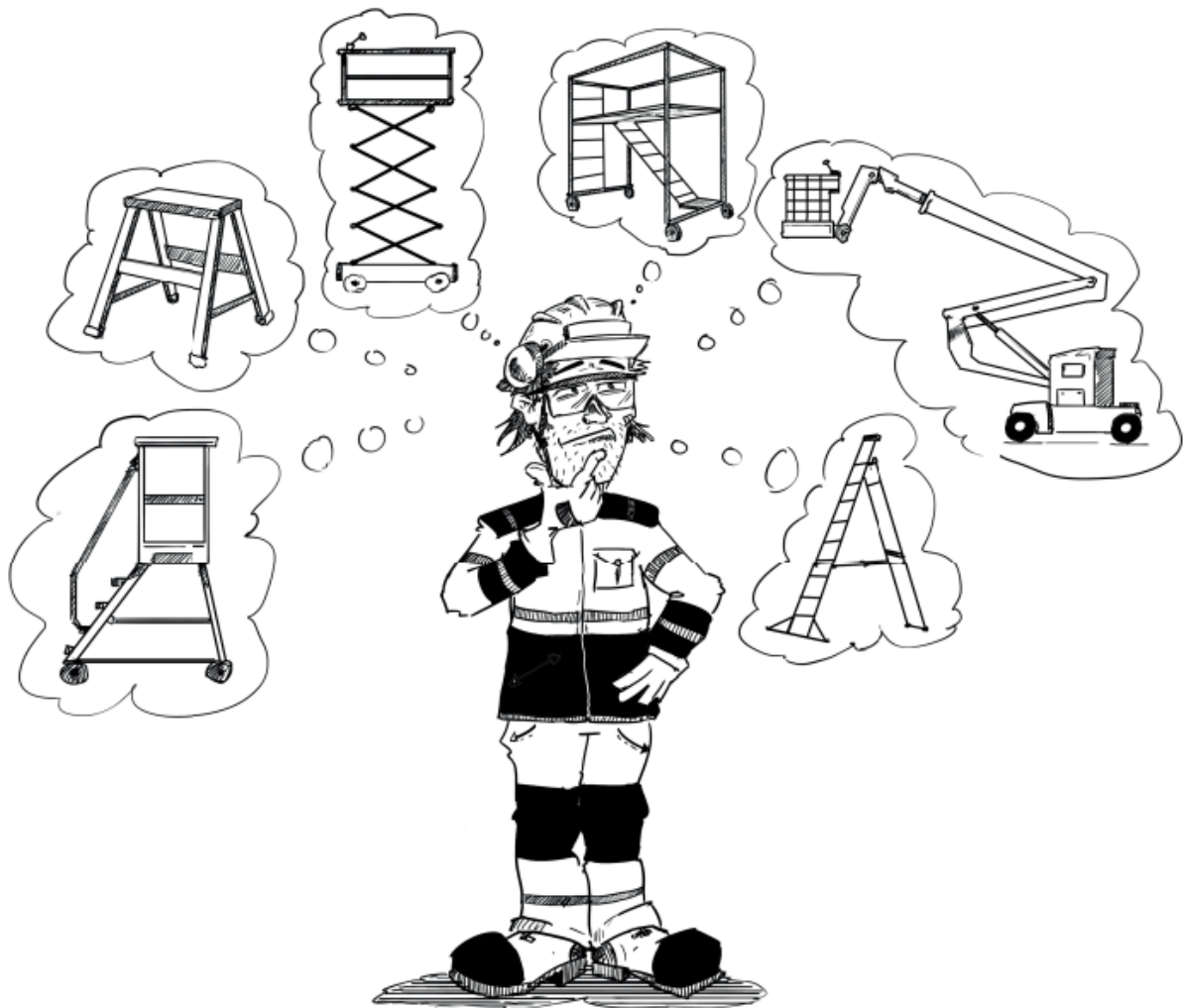


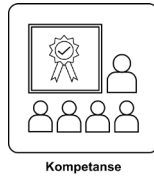
Ledelse og kultur



Rammebetingelser

**Wybierz to wyposażenie, które najbardziej nadaje się do zadania, które masz wykonać na wysokości**

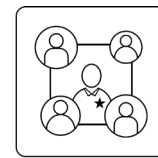




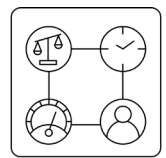
Kompetanse



Arbeidsoperasjoner

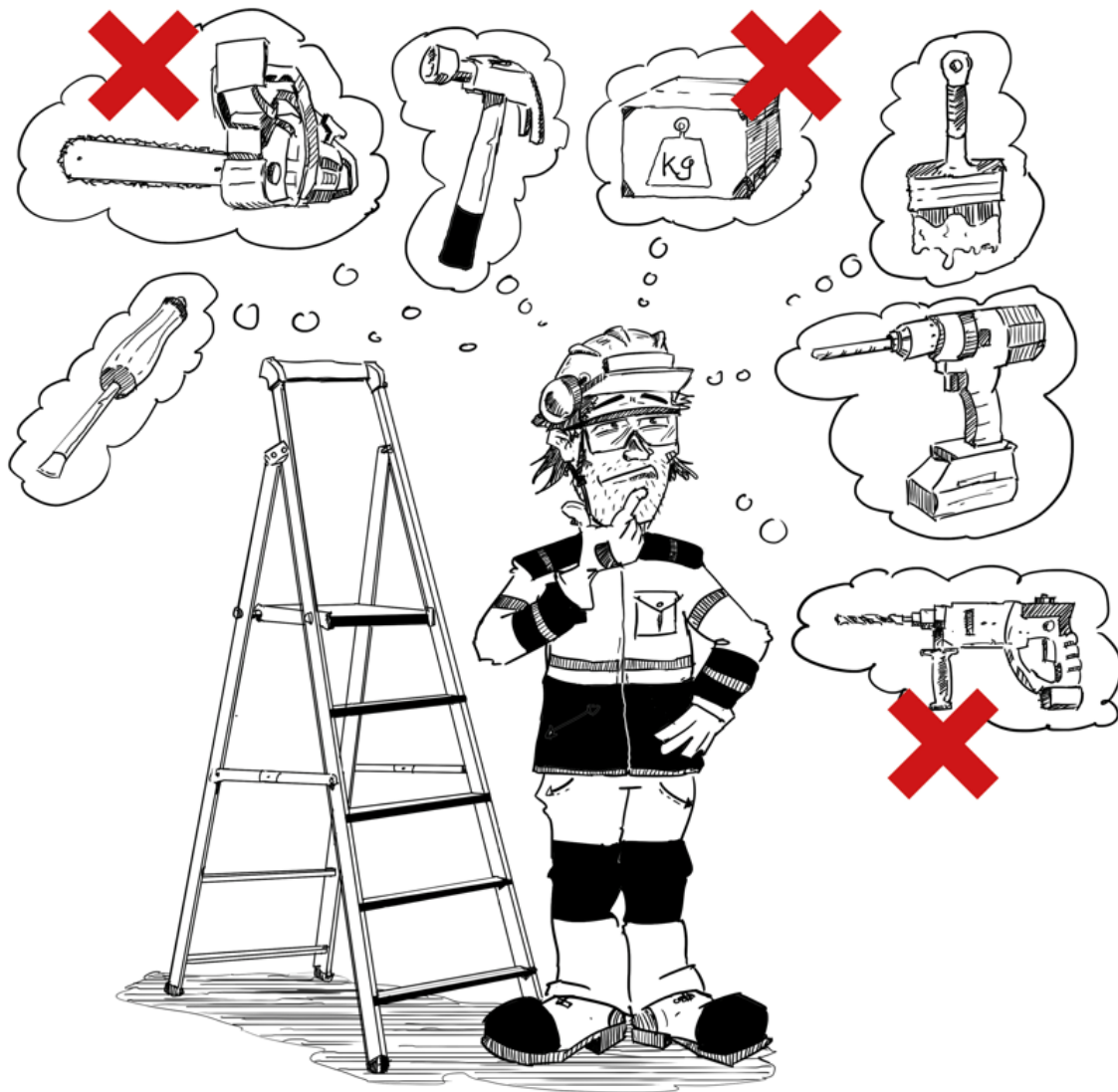


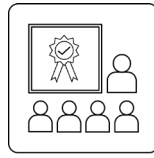
Ledelse og kultur



Rammebetingelser

## Ocen, które czynności i narzędzia nadają się do pracy z drabiny rozstawianej

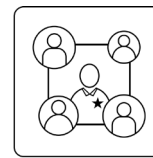




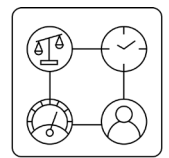
Kompetanse



Arbeidsoperasjoner

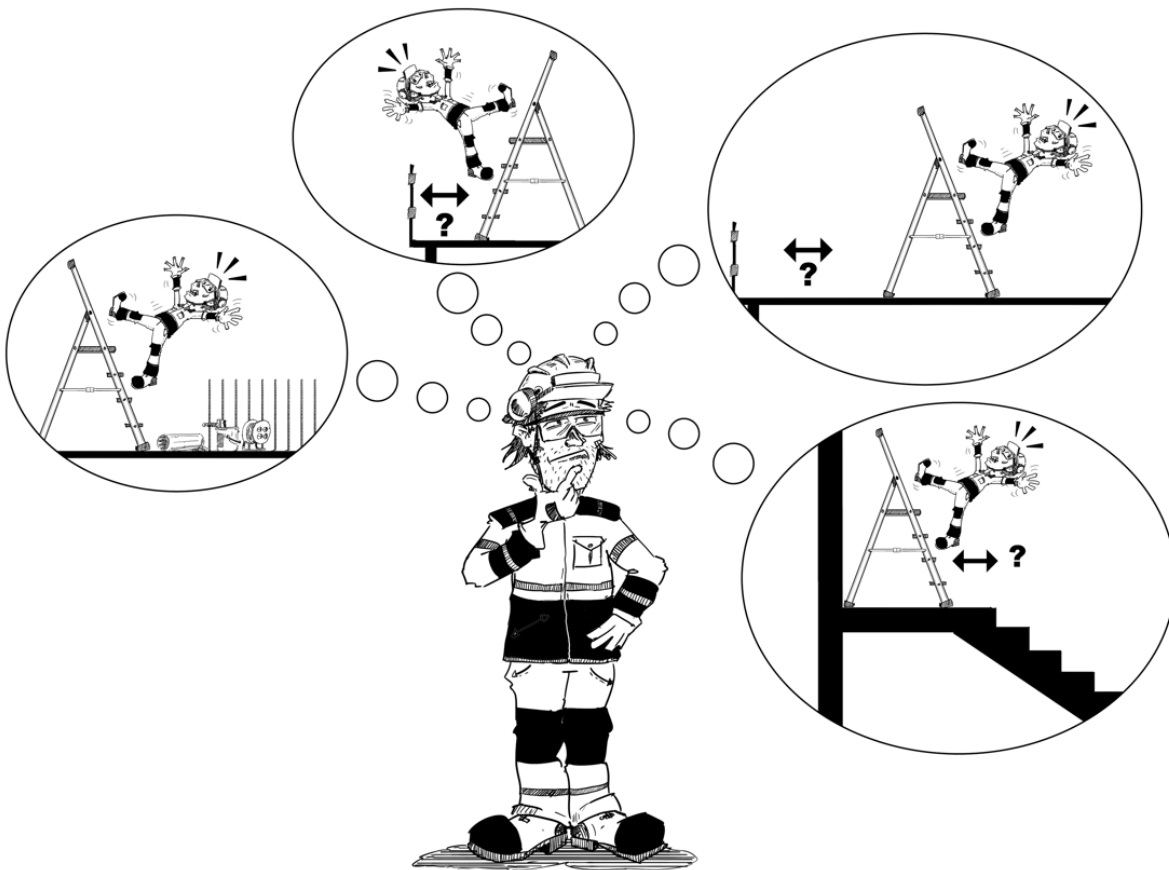


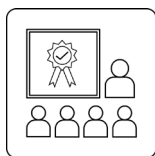
Ledelse og kultur



Rammebetingelser

## Oceń swoje otoczenie – co się stanie jeżeli tutaj spadnę?

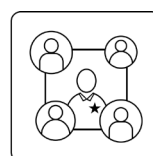




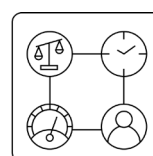
Kompetanse



Arbeidsoperasjoner

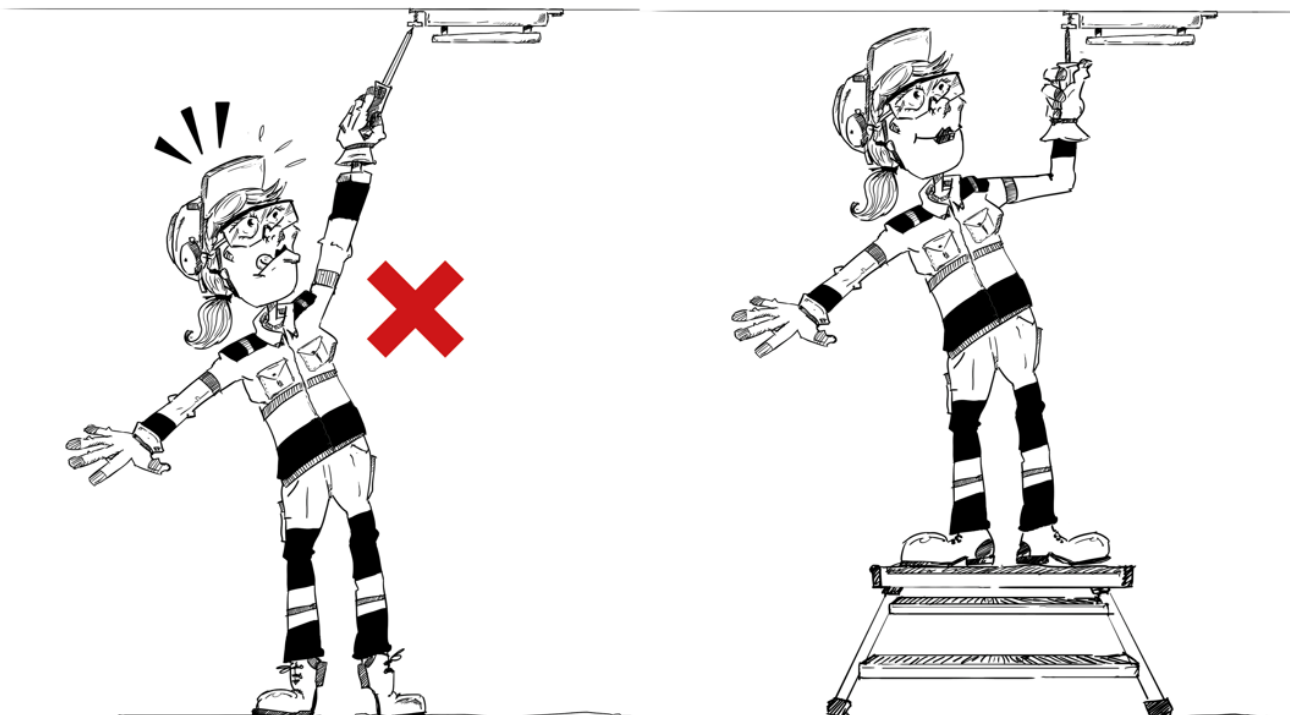


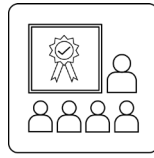
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Rammebetingelser

**Zredukuj obciążenia na jakie narażone jest twoje ciało – pracuj ergonomicznie**

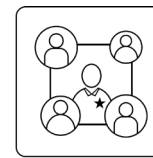




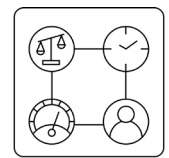
Kompetanse



Arbeidsoperasjoner

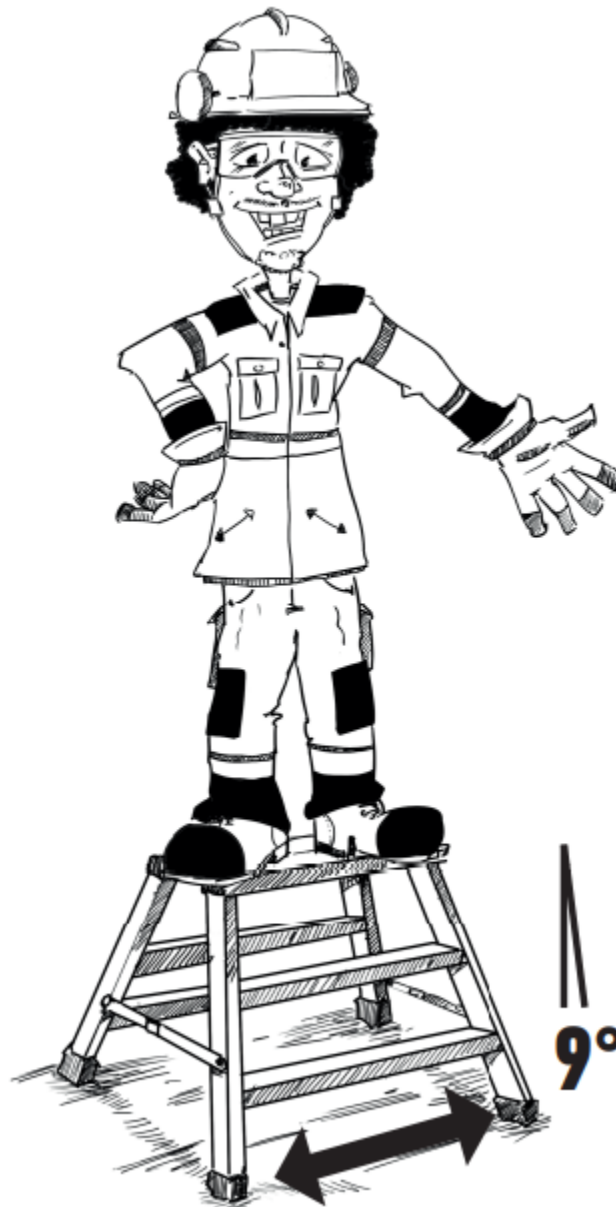


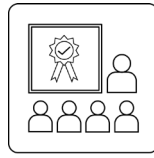
Ledelse og kultur



Rammebetingelser

## Korzystaj z drabin i schodków w odpowiedni sposób

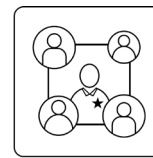




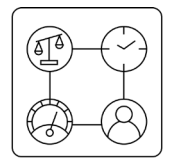
Kompetanse



Arbeidsoperasjoner



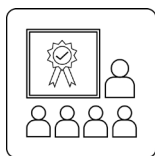
Ledelse og kultur



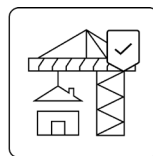
Rammebetingelser

## Korzystaj z drabin i schodków w odpowiedni sposób

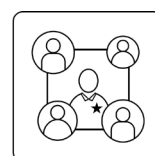




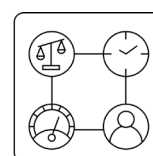
Kompetanse



Arbeidsoperasjoner



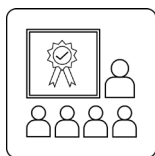
Ledelse og kultur



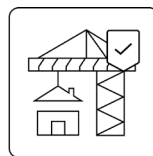
Rammebetingelser

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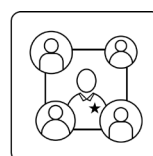




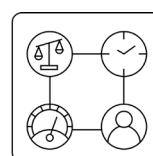
Kompetanse



Arbeidsoperasjoner

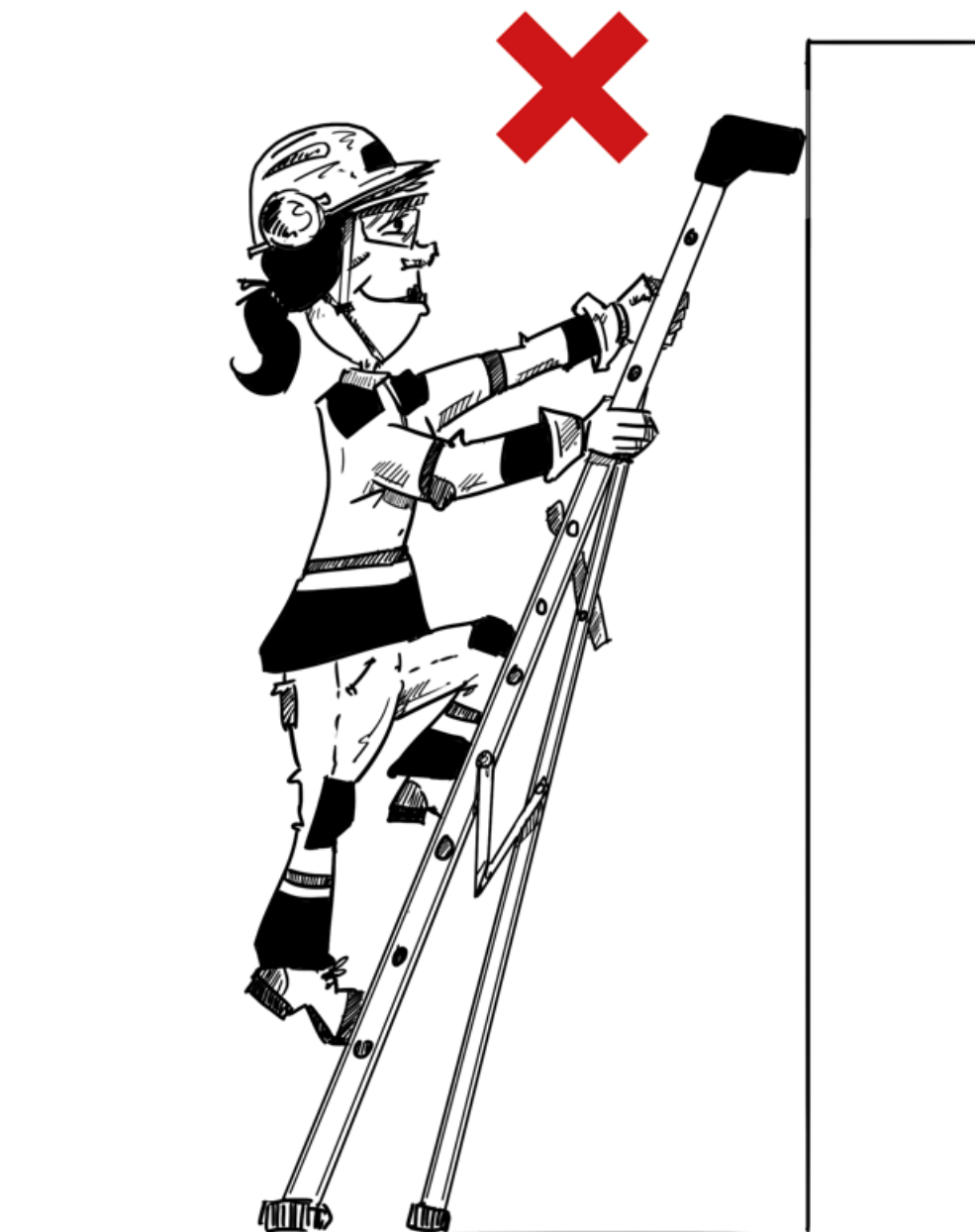


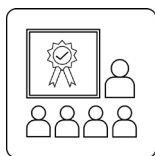
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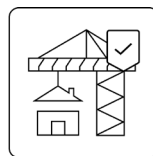
Rammebetingelser

## Korzystaj z drabin i schodków w odpowiedni sposób

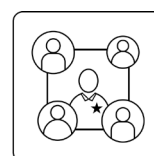




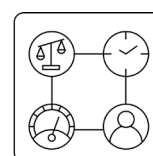
Kompetanse



Arbeidsoperasjoner

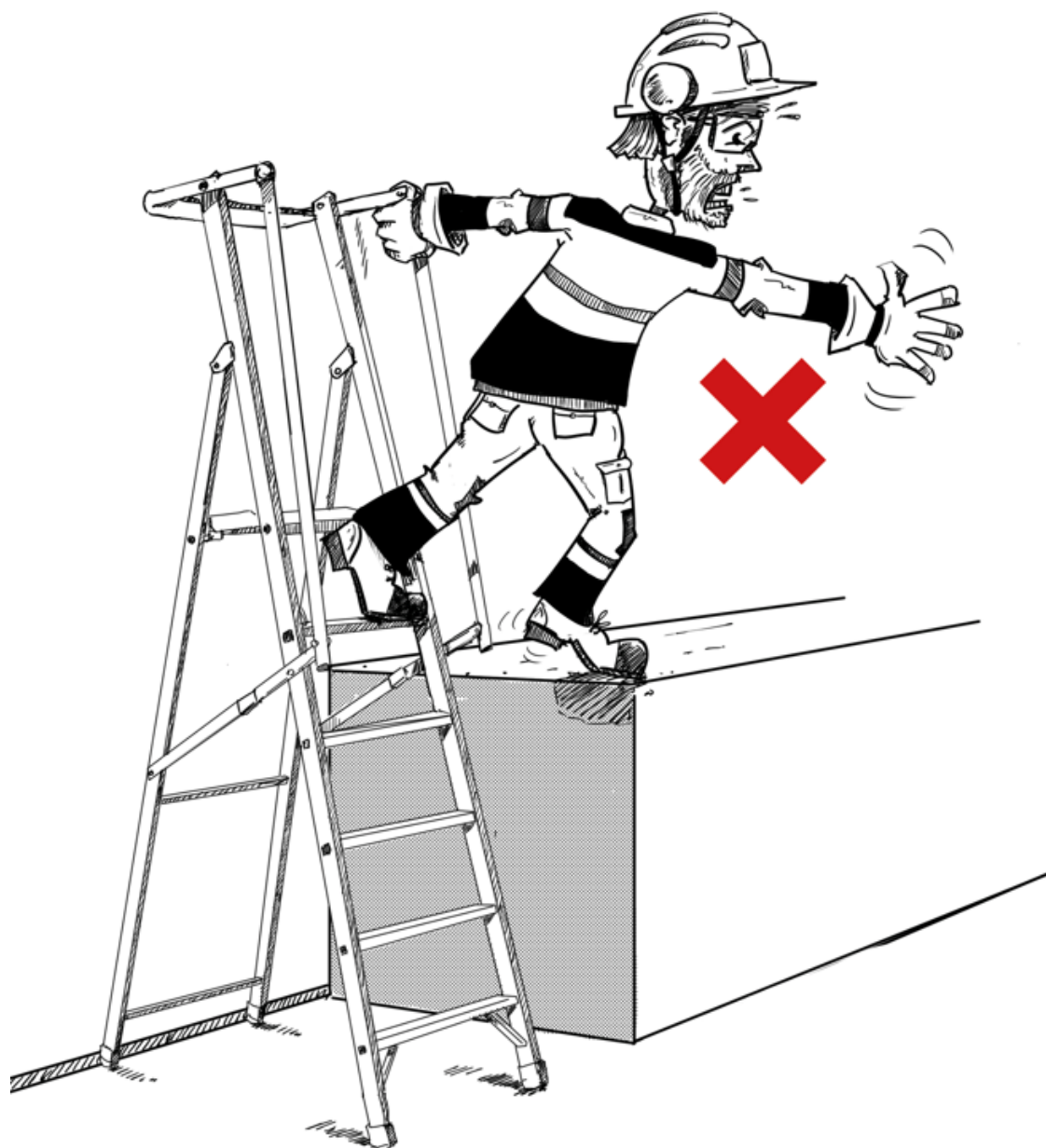


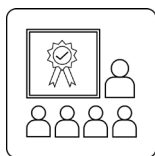
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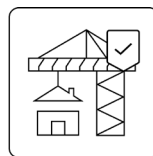
Rammebetingelser

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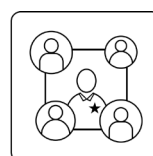




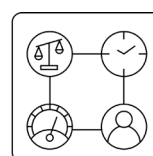
Kompetanse



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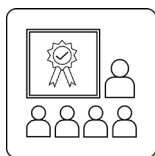
Ledelse og kultur



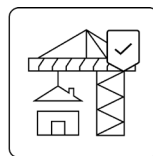
Rammebetingelser

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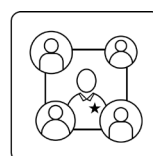




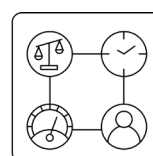
Kompetanse



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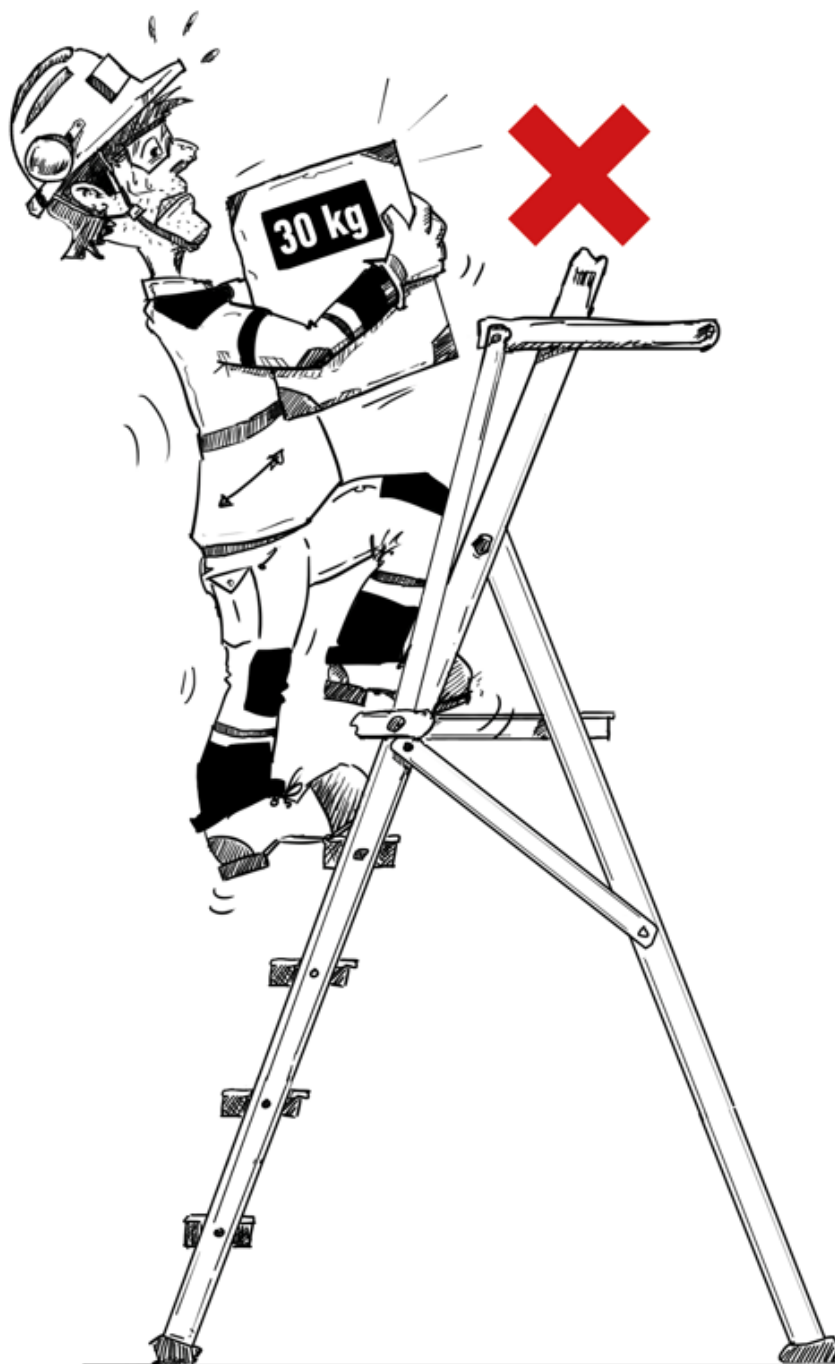


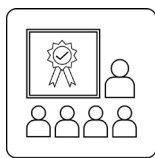
Ledelse og kultur



Rammebetingelser

## Korzystaj z drabin i schodków w odpowiedni sposób

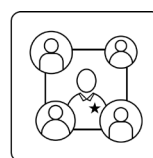




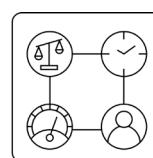
Kompetanse



Arbeidsoperasjoner

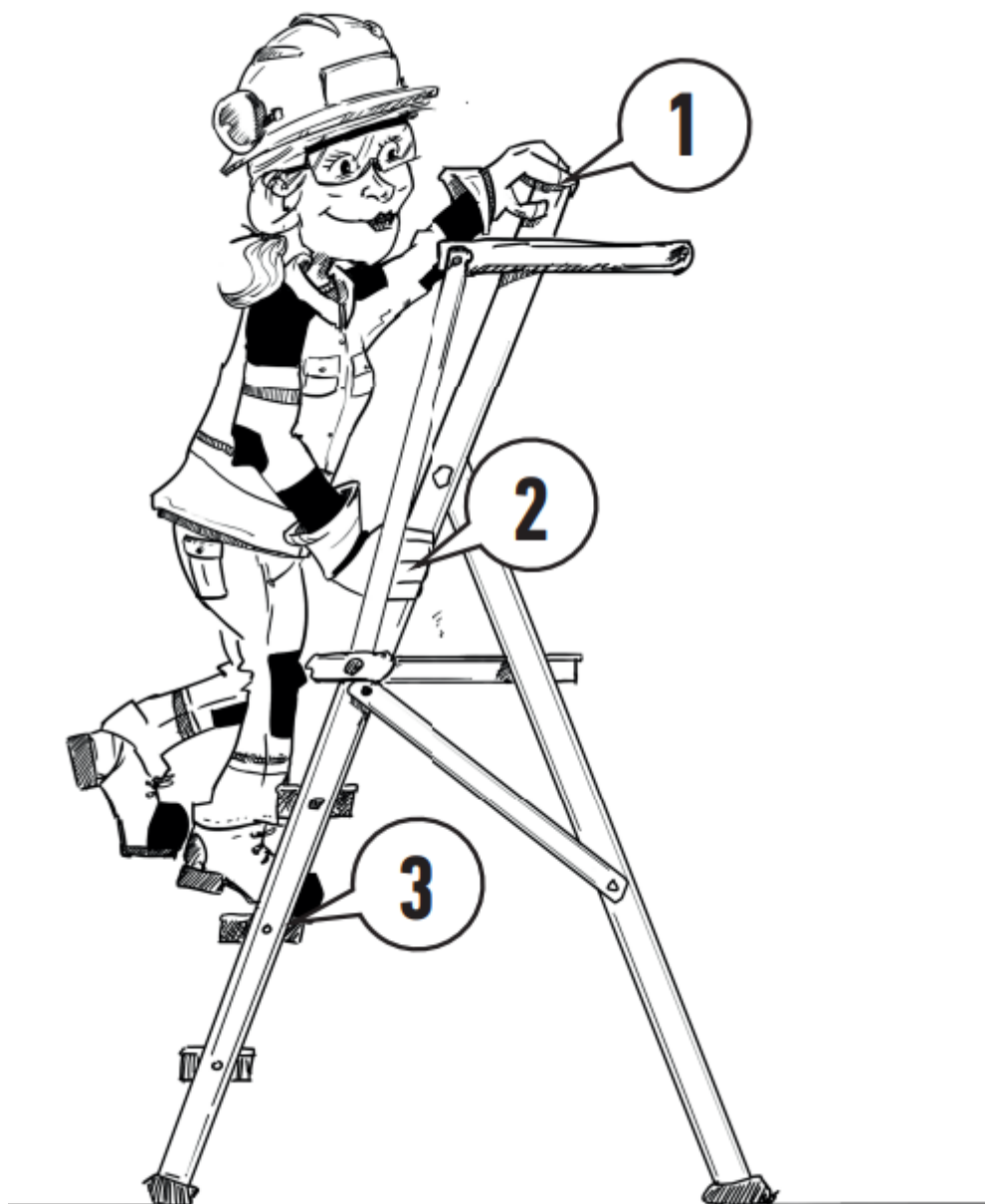


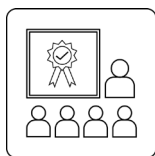
Ledelse og kultur



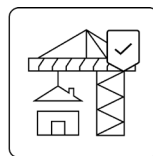
Rammebetingelser

**Podstawowa zasada to zadbanie o to, żeby rozstawiana drabina, z której wykonuje się prace miała 3 punkty oparcia.**

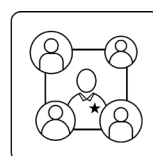




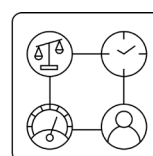
Kompetanse



Arbeidsoperasjoner

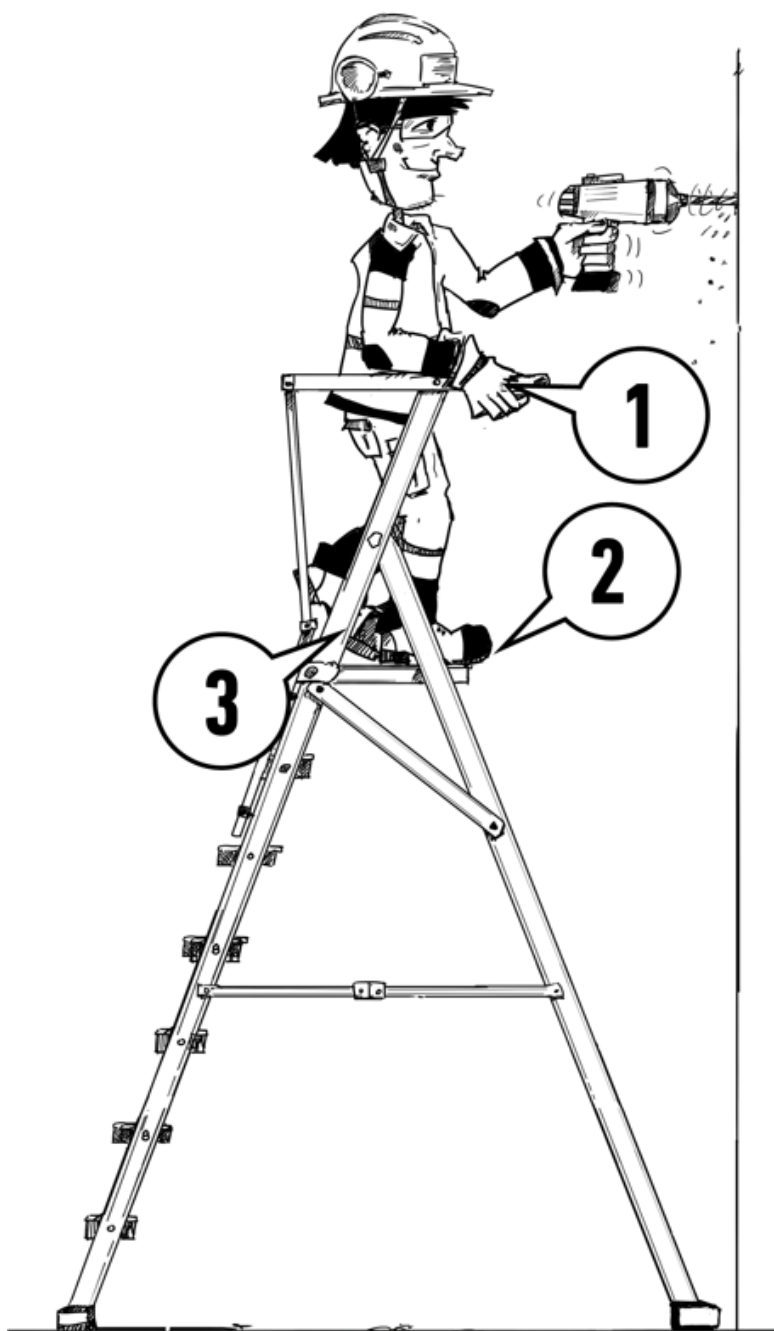


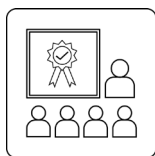
Ledelse og kultur



Rammebetingelser

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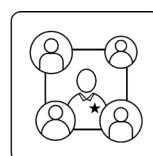




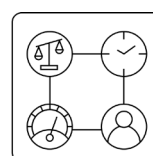
Kompetanse



Arbeidsoperasjoner



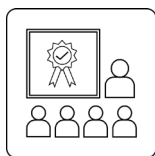
Ledelse og kultur



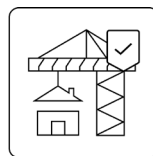
Rammebetingelser

## Skontroluj drabiny i schodku przed użyciem- wyrzuć uszkodzone sprzęty

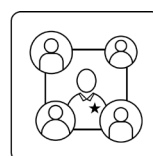




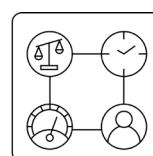
Kompetanse



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## Skontroluj drabiny i schodku przed użyciem- wyrzucić uszkodzone sprzęty

