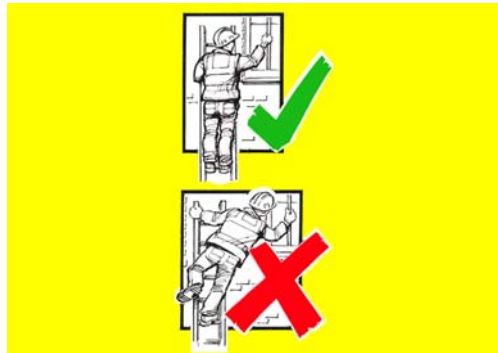


Trojan Horse Message Information Sheet

This sheet provides practical information on the successful implementation of the following Trojan Horse Message:

OVER-REACHING FROM LADDERS



Trojan Horse messages are eye-catching pictures placed on construction products and equipment, showing how to perform tasks safely. All messages are subject to a rigorous peer review process.

1 Health and Safety Issue

A third of all reported fall-from-heights incidents involve ladders and stepladders. Many of these injuries are caused by inappropriate use of the equipment.

It is essential to maintain three points of contact (hands and feet) at the working position. On a ladder where it is impossible to maintain a handhold, other than for a brief period or time, other measures are needed to prevent a fall. The message highlights the risk of overreaching when on a ladder. It is recommended safe practice to keep the belt buckle (navel) inside the stiles and both feet on the same rung throughout the task.

Further information:

HSE guidance on the safe use of leaning ladders:

www.hse.gov.uk/falls/leaningladders.htm

Safe use of ladders and stepladders: An employers' guide, HSE INDG402

2 Application of Message

This message should be stuck onto the inside face of the stiles (the side pieces that the rungs are attached to).

3 Message Format

Messages should be printed on laminated synthetic labels with an extra strong permanent adhesive to ensure long term adhesion.

Trojan Horse



HEALTH AND SAFETY
MESSAGES AT WORK

www.trojan-horse.org

The Trojan Horse messaging technique has been developed by:

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