

## HOW TO... SECURE YOUR LADDER

### What is the risk?

Ladders can be a sensible and practical option for low risk and short duration tasks. Setting a ladder up correctly to start with will help you stay safe when working at height, but it's important you also secure your ladder to help prevent it from slipping or moving while in use.

### What are the options for securing a ladder?

There are four main ways you can secure your ladder. In order of priority, these are:

1. **Tying in** - tie the ladder to a suitable secure point, making sure both stiles are tied. You can tie in at the top or near the base, or both.
2. **Use a ladder stability device** - when used correctly, these devices may help to prevent a ladder from slipping. Speak to the ladder manufacturer for further guidance before using such a device.
3. **Wedging your ladder** - if it's not possible to tie a ladder and you can't find a suitable stability device, the next option to you is to securely wedge your ladder (e.g. wedge the stiles against a wall). But remember to position it at the correct angle and close to the work to avoid over reaching.
4. **Footing** - if you can't use any of the options above, foot the ladder. Footing is the **last resort** as it is the least effective way of preventing a ladder slipping.

### Tying in - the basics

**Tying in is the first, most effective and preferred option for preventing a ladder from slipping:**

- Make sure the ties are strong enough for the task; strong rope, webbing straps, certain nylon ties or purpose-made devices are good options. Be careful with some synthetic ropes, they can weaken over time and with exposure to the sun.
- Ties should be tight enough to sufficiently prevent movement of the ladder, but they shouldn't be over-tightened as that puts extra load on the ladder and could cause the ladder or stepladder to be overloaded and break.
- Always fix the ties around both sides of the ladder and never tie onto a rung or tread.
- Only tie-in to a secure fixing. This could be existing features (as long as you know they're secure), or you might need to fit anchors to tie into, or you could drive stakes into solid and firm ground to create tie-off points. Whatever you do, **DO NOT** tie into, or rest the ladder against, weak surfaces like plastic guttering, drainpipes or glazing.
- There may be times when you need to tie in a stepladder - before you do, ask yourself if it's the most appropriate choice of equipment for the job. If yes, fix the ties carefully, and never tie onto a tread.

**CORRECT** - tied at top stiles



**CORRECT** - tying near base



### Footing - your options

Footing is of limited benefit for stabilising a ladder, but we know it's commonplace. If no other securing methods are available and you must foot the ladder, use either of these two options:

- **Option 1** - one foot in the centre of the bottom rung, with the other foot behind you on the ground, and hands firmly on each stile at shoulder height.
- **Option 2** - each foot hard against each stile, with hands firmly on each stile at shoulder height.
- Do not stand on the bottom rung with both feet.

### 5 KEY POINTS:

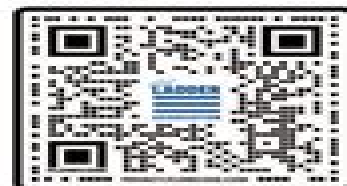
1. Secure your ladder at all times
2. Tying in is the preferred option
3. If you can't tie in, use a ladder stability device
4. Only wedge the ladder if tying in or stability devices are not possible
5. Footing is always the last resort

### Who needs to know:

- Anyone who uses ladders and stepladders on site
- Managers and site supervisors

### Useful references:

- LA455 'Safe Use of Ladders and Stepladders: A brief guide'
- Ladder Association Code of Practice



# Power Talk Your Ladder To Success

**Michelle Garcia Winner, Pamela Crooke**



## **Power Talk Your Ladder To Succeed:**

The Elements of Expression Arthur Plotnik, 2012-06-01 More than ever in this completely updated edition The Elements of Expression helps word users light up the cosmos or the written page or the face across the table as they seek the radiance of expressiveness the vivid expression of thoughts feelings and observations Nothing kills radiance like the murky generic language dominating today's talk airwaves and posts It tugs at our every sentence but using it to express anything beyond the ordinary is like flapping the tongue to escape gravity The Elements of Expression offers an adventurous and inspiring flight into words that truly share what's percolating in our minds Here writers presenters students bloggers even well intentioned Mad Men will discover language to convey precise feelings move audiences delight and persuade No snob or scold the acclaimed word maven Arthur Plotnik explores the full range of expressiveness from playful tough talk to finely wrought literature with hundreds of rousing examples Confessing that we are all like a squid in its ink when first groping for luminous expression he shines his amiable wit on the elements leading ultimately to language of fissionable intensity

*Kliatt Young Adult Paperback Book Guide*, 1998      Words on Cassette, 2002 R R Bowker Publishing, 2002      **Books Out Loud**, 2007      **Words on Cassette**, 1999 Bowker Editorial Staff, Staff Bowker R R, Bowker, 1999-02      *Laddering Your Success* Festus Amoye, 2017-05-08 Many students leave high school unprepared to take on tough challenges preventing them from pursuing more education We at *Laddering Your Success* understand this dilemma because our founder Festus Amoye was challenged after graduating high school without a mentor to help guide him or the personal development tools to build a life of purpose This is an easy to use self help workbook for students who are seeking to jump start and develop a plan to achieve their full potential This book is centered on providing all students a pathway for success that is proven and purpose driven by providing simple and easy to use strategies to remove obstacles in their career pursuits Take a step with *Laddering Your Success* and start the climb for your future today As a First Year success coach I am always looking for resources and practical insight to provide my students with *Laddering your success* is a great tool for students who need a nudge in the right direction Luke Humphreys Houston Baptist University      You Are Rich Elaine Patterson, 2011-06-13 Does the stress and worry of everyday life seem to defeat you from time to time *You Are Rich* is an exciting exposition of the power dominion and authority that God has vested in you This book will help you change your perception of who you are and who you were created to be Elaine Patterson will help you recognize how powerful your words are and teach you to be selective of what you say knowing that you are either building or destroying your future Learn to speak words that bless heal prosper and uplift so you can reach and achieve your highest potential *You Are Rich* will help you learn to take time each day to relax let go of negative experiences and confess positive uplifting words that will build you up If you take time to know who you are in Christ and use your God given gifts of dominion and authority you will reap His best and embrace the thought that *You Are Rich*      Talk Your Way to the Top Kevin Hogan, 1999-10-01 Drawing from two decades of professional experience Hogan

reveals how to speak and how to listen in order to achieve personal and professional goals Illustrations **Great Minds**  
**Speak to You** Tina Louise Spalding, 2013-09-26 Many in spirit look on these times of difficulty abundance trouble and innovation and wish to share with you their experiences and ideas Some famous names and faces will come to mind as you read this book and you will glean some fine information about their own learning their own suffering and indeed their own experience in the life after this life for they all wish to tell you that there is no death as you perceive it to be They are all there in their astral forms enjoying their continued growth their continued expansion and their continued joy in living Their messages are as varied as their lives were and our purpose is this For you to understand your true nature your true potential you must let go of your fear of death for it makes you afraid to live It causes you to rush and panic to become scared and to become paralyzed If you truly understood that you are eternal beings forgiven for all your errors and blamed for nothing that you would call a sin you would open your hearts and minds to so much more and enjoy yourselves so much more You would not suffer so at the loss of your loved ones and you would work less and achieve more for when you are in fear and grief you are not yourselves and cannot achieve the goals that you have set for yourselves before you decided to be born onto this plane you call life Read this with an open mind and heart and hear what these beings have to say You have revered and reviled them in life now let them complete their stories in what you call death for that is the complete story is it not Ananda

**Library Journal**, 1994 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **Speak the Speech!** Rhona Silverbush, Sami Plotkin, 2025-06-25 The most comprehensive sourcebook of Shakespeare's monologues ever available in one volume A detailed guide to approaching Shakespearean text Speak the Speech contains everything an actor needs to select and prepare a Shakespeare monologue for classwork auditions or performance Included herein are over 150 monologues Each one is placed in context with a brief introduction is carefully punctuated in the manner that best illustrates its meaning and is painstakingly and thoroughly annotated Each is also accompanied by commentary that will spark the actor's imagination by exploring how the interrelationship of meter and the choice of words and sounds yields clues to character and performance And throughout the book sidebars relate historical topical technical and other useful and entertaining information relevant to the text In addition the authors include an overview of poetic and rhetorical elements brief synopses of all the plays and a comprehensive index along with other guidelines that will help readers locate the perfect monologue for their needs More than just an actor's toolkit Speak the Speech is also an entertaining resource that will help demystify Shakespeare's language for the student and theater lover alike *The Powers* Mark W. Erwin, 2016-07-15 It's time to discover your powers The Powers is written for people who have a drive to become highly successful in their chosen field of endeavor Throughout this book you will meet many who came from ordinary backgrounds to achieve extraordinary things in a variety of pursuits They came from different circumstances with a wide range of gifts as well as many personal limitations

All have experienced failure and some were serial failures The Powers they discovered within themselves are the same Powers Erwin has identified and discusses Through study they can become your Powers While everyone has different dreams and goals they also possess their own set of Powers even if some are hidden deep within Erwin has found that intellectual curiosity developing a grand vision setting clear goals practicing persistence and other concepts included in this book are common traits among the most successful people After years of studying works by great authors such as Napoleon Hill Norman Vincent Peale and Dale Carnegie befriending highly successful people and exploring an experimental learning style Erwin has found common traits that not only create success but also allow one to go from ordinary to extraordinary Mark Erwin has mentored hundreds of people both young and old and has collected life changing lessons throughout his journey that brought him from a sixteen year old in a jail cell to a multimillionaire before he was forty In The Powers he shares personal stories philosophical and practical advice and a one of a kind collection of wisdom and insights from some of the most successful people in history many of whom are friends This book creates the blueprint for you to become exceptionally successful and maps out how using the Powers in combination with your unique personality and emotional intelligence will help you stand out and make a difference in whatever area you choose to pursue Read and reread this book and your true path for success on your terms will be revealed and you will know exactly how to make your dreams come true Western Insurance Review ,1918 *Wiccapedia* Shawn Robbins,Leanna Greenaway,2011-06-14 Wiccapedia provides a fresh innovative and thoroughly up to date look at witchcraft and gives readers a prescription for happiness Spiritual life coaches and celebrity witches Shawn Robbins and Leanna Greenaway unlock the secrets of the Wicca universe explaining what it means to become a simply fabulous 21st century Witch Newfound Witches will learn how to tap into magic re empower themselves and realize their dreams through a little witchy know how *Core Practical Treatment Frameworks: Set 2* Michelle Garcia Winner,Pamela Crooke,2020-12-15 The social world is a big place and the information can feel overwhelming at first This two set collection of 26 core practical frameworks 13 frameworks per set is a powerhouse of visual teaching tools that includes the most important conceptual and treatment frameworks within the Social Thinking Methodology Core Practical Treatment Frameworks Set 2 contains 13 of our most popular treatment frameworks to promote social emotional learning Each provides visually scaffolded information to introduce core social thinking concepts such as perspective taking and social communication while illuminating different types of friendships and executive function Treatment frameworks are for direct use with social learners as they develop and expand their understanding of how the complex social world works and how to navigate to self regulate within it In a ready to display format each set of 13 frameworks presents in both graphics and words a variety of concepts their purpose instructions for use recommendations for related books trainings free articles and webinars and connections to other frameworks Set 2 contains the following 13 frameworks 3 Part of Play Activity Boring Moments I Don t Care Scale 5 Steps of Being with Others 6 Levels of the Friendship Pyramid 4 Steps of Face to Face

Communication Ask a Question Add a Thought Solving Problems Learning How to Be Comfortable with Discomfort Ladder of Success The Spiral of Social Failure The Spiral of Social Success Independence Mountain The majority of frameworks were first presented in print products published by Think Social Publishing Inc and or in webinars articles On Demand courses and conference livestream events that can be found on the Social Thinking website We strongly urge interventionists to explore these source products for deeper instruction examples and learning for using the frameworks in practice

**Vocational and Technical Resources for Community College Libraries** Mary Ann Laun,1995

**Drive Yourself Successful** Rachel Lynn,2017-05-09 The purpose of this book is to empower YOU to take the wheel of life and become an assertive driver by learning how to transform adversity into high grade fuel on YOUR journey toward success Drive Yourself Successful 11 Inner States to Personal Empowerment offers you a driver s view of what keeps your gear shift stuck in park on the road of life Author Rachel Lynn illustrates what keeps you from setting goals and accelerating toward them and challenges you to realize that you hold the key to your own life experiences Following the analogy of driving your car Rachel helps you identify items stored in your trunk that weigh you down emotionally and keep you from moving forward She supplies you with crucial tools to carry with you in case you break down or run out of gas demonstrates how thoughts serve as your life GPS assists you in developing a clear vision for the future steering you away from focusing on what is in the rear view mirror educates you on how to regain your spark embrace detours and prevent them from turning into roadblocks and when to stay in your own lane by setting personal boundaries and not comparing yourself to others Make a wrong turn Rachel challenges you to recognize when it is time to change gears and go in a different direction while helping you develop an internal sense of self confidence and motivation to get behind the wheel This book draws from others real life experiences to challenge you to closely examine what lies underneath the hood of your car in regard to your thinking and personal beliefs and how you can redirect your thoughts to accelerate toward the life you desire

**The Use and Abuse of History** Friedrich Nietzsche,2019-11-13 In this essay the philosopher presents a complex many faceted argument that cautions against an uncritical devotion to the study of history and excessive devotion to any country s past greatness

Literary Digest: a Repository of Contemporaneous Thought and Research as Presented in the Periodical Literature of the World Edward Jewitt Wheeler,Isaac Kaufman Funk,William Seaver Woods,1920

*Rebuild Your Self-Esteem - In Just 7 days: Self-Esteem For Men Women* Matthew, As long as you live in a community of people you need to understand your own nature and that of other people around you Irrespective of your desires in life other people s aims ambitions and activities constitute vital influence on your journey of life You will never get far without the co operation and comradeship of fellow men If you want something in your life you ve never had you ll have to do something you ve never done Celebrate and enjoy all that you create or have created To reject any part of it is to reject part of yourself Whatever it is that presents itself as your creation claim it own it bless it and be thankful for it Seek not to condemn it God damn it for to condemn it is to condemn yourself If there is some aspect of

creation you find you do not enjoy bless it and simply change it Choose again Call forth a new reality Think a new thought Say a new word Do a new thing Do this magnificently and the rest of the world will follow you Get prepared to overcome your fears A lot of people feel insecure when they are challenged to make changes Change has threatened the emotional stability of many people over the years The triggers have often hindered many people from adjusting their personal characteristics to build self esteem Change is merely our ability to modify our ways in order to make constructive transformations We can use a variation of techniques in order to change our personal characteristics Change is the commitment to adjust to something new and involves a series of adjustments that help us to improve our life

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The 6-step program to ... by D Webster · 2010 — Reviews the book, The Depression Cure: The 6-Step Program to Beat Depression without Drugs by Stephen S. Ilardi (see record 2009-04238-000). The 6-Step Program to Beat Depression without Drugs The Depression Cure: The 6-Step Program to Beat Depression without Drugs - Kindle edition by Ilardi, Stephen S.. Download it once and read it on your Kindle ... How to beat depression - without drugs | Health & wellbeing Jul 19, 2010 — Dr Steve Ilardi is slim and enthusiastic, with intense eyes. The clinical psychologist is 4,400 miles away, in Kansas, and we are chatting ... 6 Steps to Beating Depression Many people struggling with depression feel stuck, unsure of what to do or how to move forward. Counseling, medication, and mental health programs are not. Introduction to polymers : solutions manual Includes chapters on polymer composites and functional polymers for electrical, optical, photonic, and biomedical applications. This book features a section ... Solutions Manual For: Introduction To Polymers | PDF  $M_w = (0.145 \times 10^6 \text{ g mol}^{-1}) + (0.855 \times 10^6 \text{ g mol}^{-1})$  ... increases the number of molecules of low molar mass and so reduces  $M_n$  and  $M_w$  . ... mass ... Introduction to Polymers: Solutions Manual This 20-hour free course gave an overview of polymers. It showed how they are produced and how their molecular structure determines their properties. Solutions Manual for Introduction to Polymers Solutions Manual for Introduction to Polymers. Robert J. Young, Peter A. Lovell. 4.14. 133 ratings29 reviews. Want to read. Buy on Amazon. Rate this book. SOLUTIONS MANUAL FOR by Introduction to Polymers ... Solution manual for first 3 chapters of Introduction to Polymer class solutions manual for introduction to polymers third edition robert young peter lovell ... Solutions Manual for Introduction to Polymers (3rd Edition) Solutions Manual for Introduction to Polymers (3rd Edition). by Robert J. Young, Peter A. Lovell ... Solutions Manual for Introduction to Polymers | Rent COUPON: RENT Solutions Manual for Introduction to Polymers 3rd edition (9780849397981) and save up to 80% on textbook rentals and 90% on used textbooks. Introduction to Polymers by Young and Lovell 3rd Edition Feb 6, 2017 — Answer to Solved Introduction to Polymers by Young and Lovell 3rd | Chegg ... Solutions Manual · Plagiarism Checker · Textbook Rental · Used ... Solutions Manual for Introduction to Polymers 3rd Find 9780849397981 Solutions Manual for Introduction to Polymers 3rd Edition by Young et al at over 30 bookstores. Buy, rent or sell. Solutions Manual - Introduction to Polymers Third Edition Get Textbooks on Google Play. Rent and save from the world's largest eBookstore. Read, highlight, and take notes, across web, tablet, and phone.