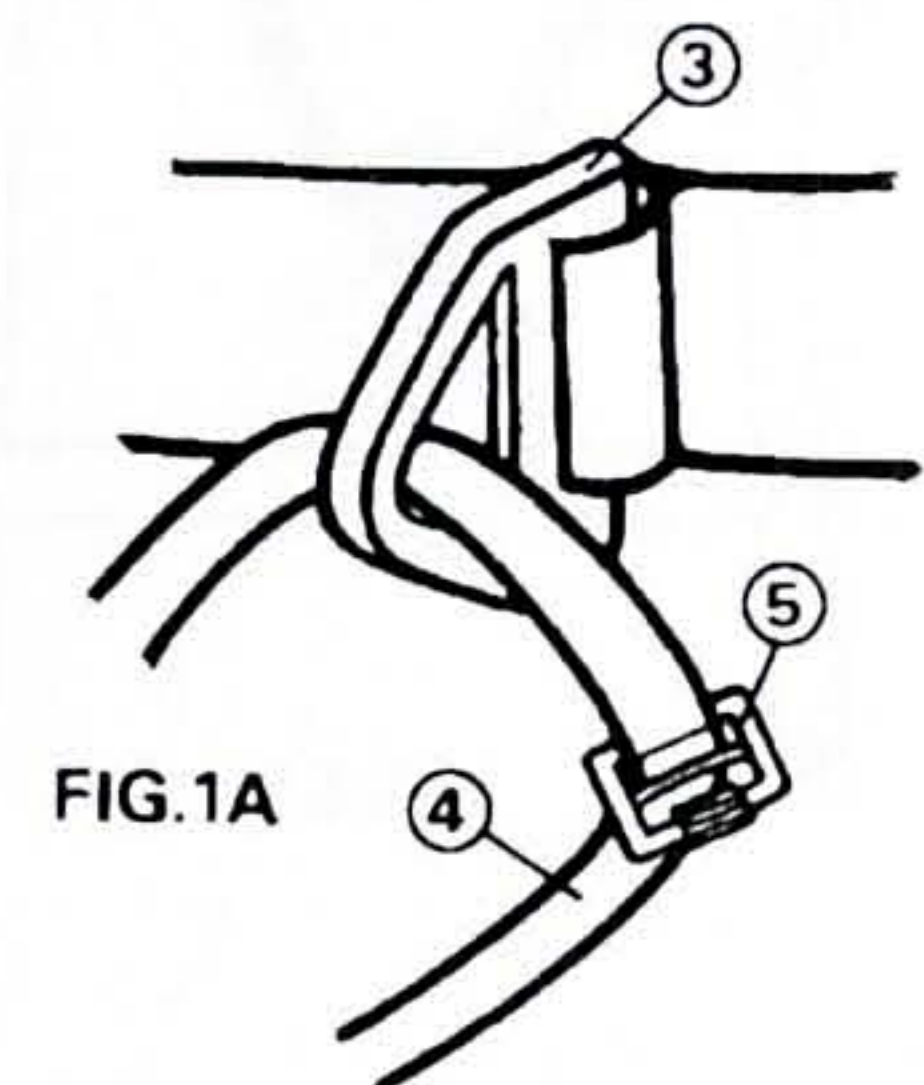
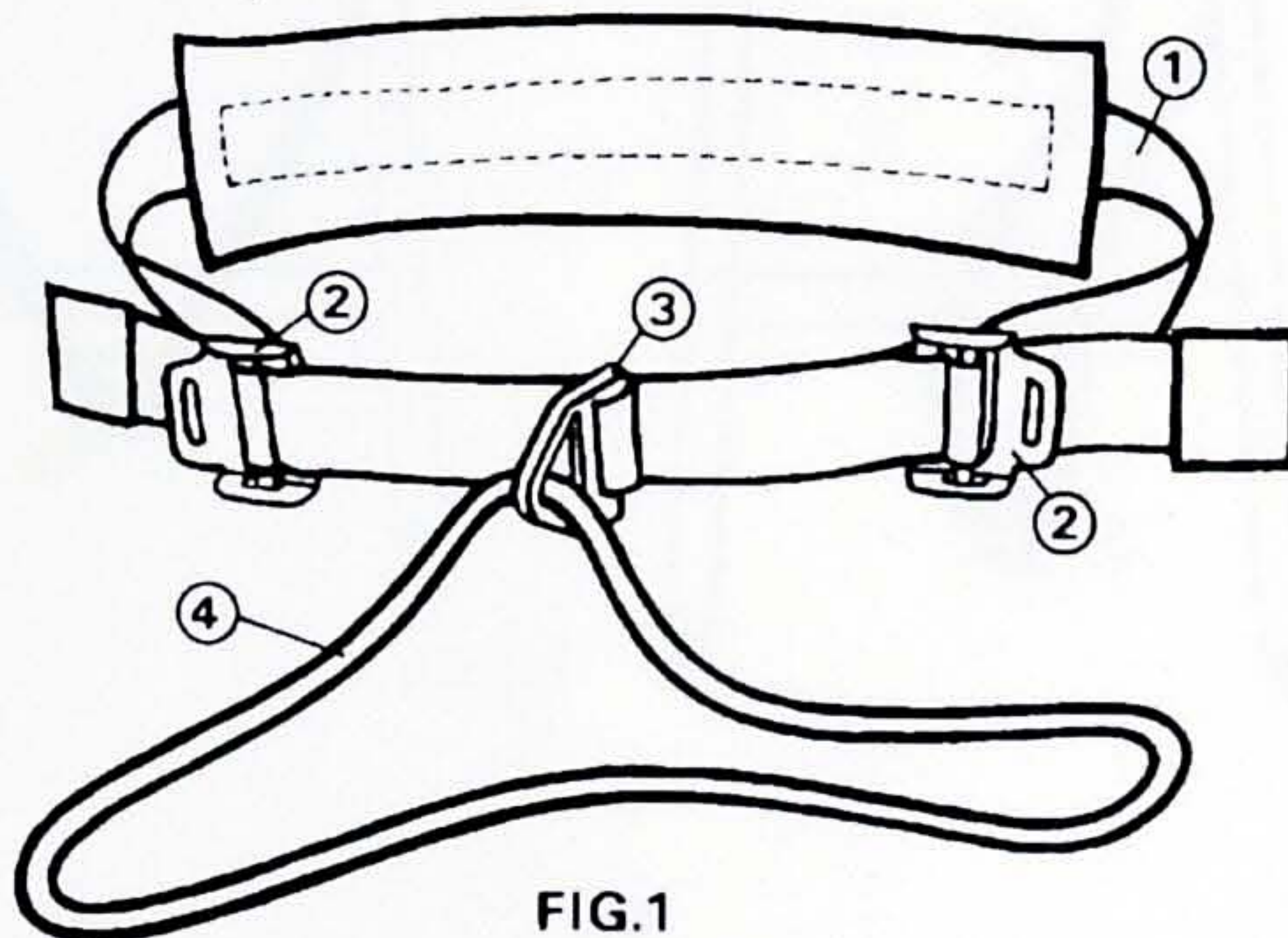


LADDERBELT INSTRUCTIONS Read thoroughly before using

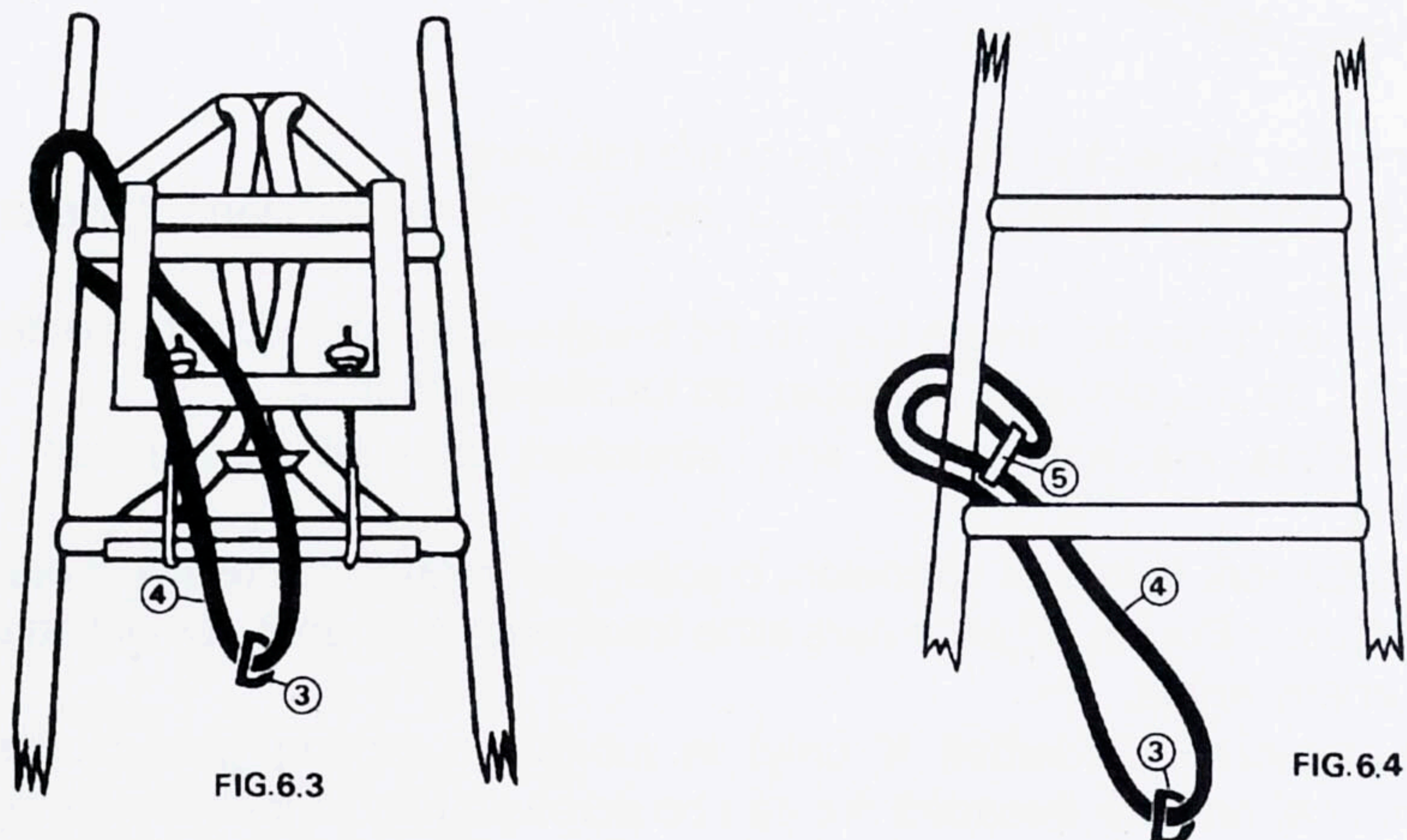
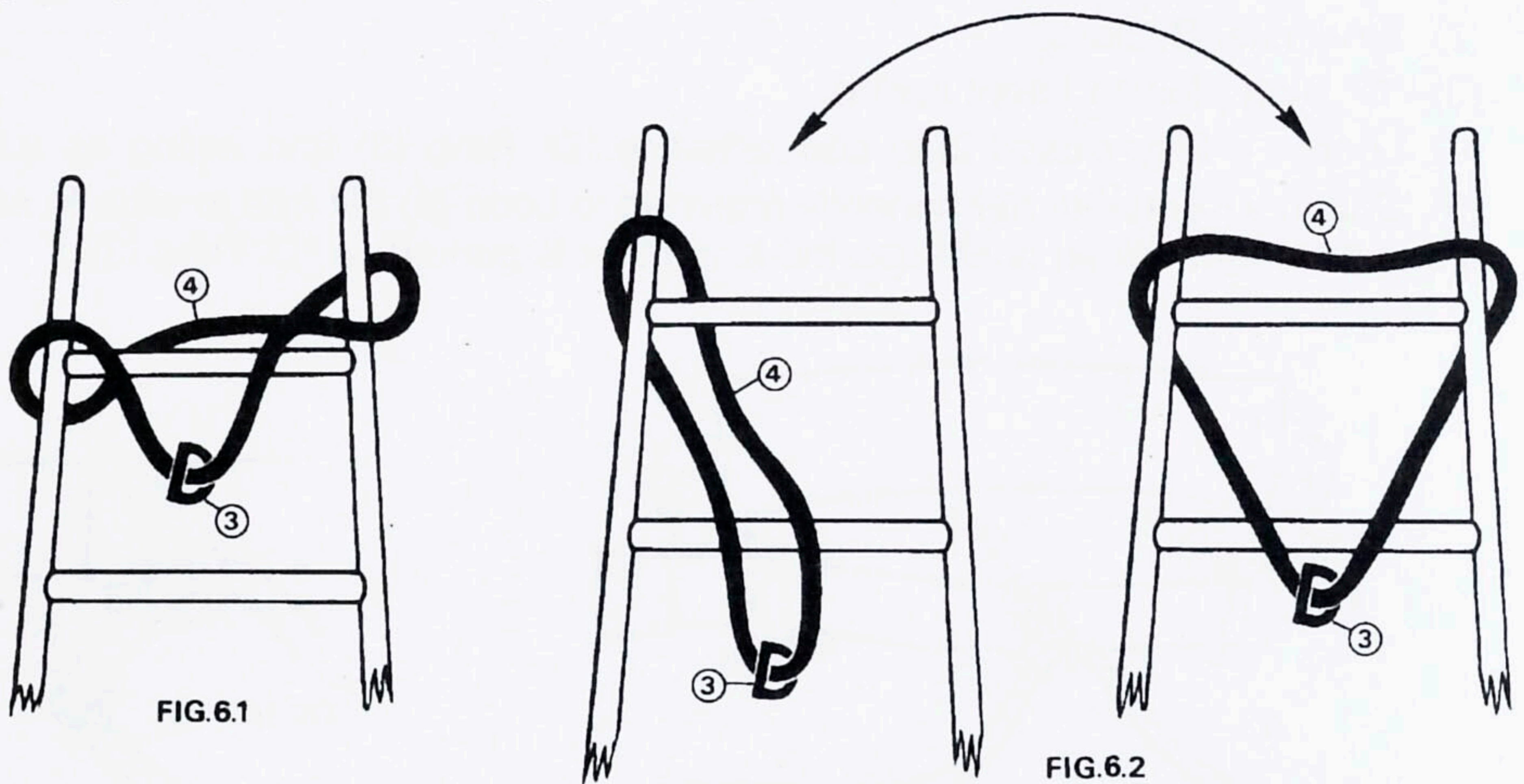
Ladderbelt is designed for work positioning (EN358) specifically on a ladder. It is particularly effective when both hands need to be free. Ladderbelt may only be attached directly to a ladder in strict accordance with these instructions, do not attach it to any other lanyard or device.

1. **Ladderbelt comprises:**
 - (1) Waistband - including rear padding.
 - (2) 2 Adjuster Buckles.
 - (3) "D" Ring - located front centre.
 - (4) Loop - a fully closed loop connected to "D" Ring (3) and acting as a lanyard.
 - (5) Ladderbelt K has a Karabiner permanently attached to Loop (4) but free to slide to anywhere along its length. When not in use the Karabiner is parked on "D" Ring (3).



2. **Before use inspect** to make sure of the following:
 - 2.1. Ladderbelt is clean enough to inspect. Otherwise clean it (refer to Care and Cleaning).
 - 2.2. Webbing has no severe fraying, no breaks in the strands, no powdering, no fusion or burns, no discoloration or mould, no localised softening.
 - 2.3. Stitches are not out of line, stretched, opened up, broken or individually missing.
 - 2.4. Metalwork is free of corrosion, cracks, distortion or excessive wear.
 - 2.5. Adjuster Buckle (2) slide bars slide freely with their ends remaining trapped in their slots at any angle.
 - 2.6. Karabiner (Ladderbelt K only) is lubricated, spring gate closes fully without assistance, and the threaded nut can be screwed fully to lock the spring gate.
 - 2.7. No repairs have been made.
 - 2.8. Ladderbelt is taken **completely** out of service if there is any doubt about its condition; and if so it is handed to a competent person as soon as possible.

3. **Do not use Ladderbelt** where it would be exposed to **mineral acids** or other aggressive chemicals. Ladderbelt is resistant to ordinary oils, grease, creosote, paint and white spirit; otherwise check.
4. **Putting on:**
 - 4.1. Step into Waistband (1) and using one or both Adjuster Buckles (2) tighten as much as possible around the waist without causing discomfort.
 - 4.2. "D" Ring (3) at the front and padding on Waistband (1) at the back, should be more or less central.
 - 4.3. Tuck Loop (4) into Waistband (1).
 - 4.4. Waistband may slacken when Loop (4) is not in use. If so re-tighten.
5. **Erect and secure ladder** in accordance with Ladderfix Safety Guidelines.
6. **Fitting to ladder.** Climb ladder and take one of the following options, using the highest practicable ladder rung.



6.1. Pass Loop (4) over the top of one of the ladder stiles, twist it to form a "figure of eight" and pass the secondary loop over the other stile.

6.2. Pass Loop (4) under the top ladder rung and over the top of one or both ladder stiles. Note that if Loop (4) passes back over the top ladder rung it will hold you higher up.

6.3. In the case of **Ladderfix Lighting Collar** pass Loop (4) between the vertical bars of Lighting Collar, then up behind the top ladder rung and over the top of one or both ladder stiles.

6.4. **Ladderbelt K** has Karabiner (5) attached. It may be used in exactly the same way as Ladderbelt. Alternatively release spring gate of Karabiner (5) from "D" Ring (3), pass Loop (4) under and over the highest practicable ladder rung and trap Loop (4) by engaging it through the spring gate of Karabiner (5). Lock the spring gate by screwing the locking nut with firm hand pressure - check the gate is locked.

7. **Working:**

7.1. Always locate Loop (4) on the highest practicable ladder rung and stand as low as is practicable relative to that rung.

7.2. Discontinue using Ladderbelt if it has been subjected to any form of abuse, accident or conditions likely to invalidate its last inspection.

8. **Care and Cleaning.** The working life of Ladderbelt will be maximised if it is looked after properly.

8.1. Cleaning. Brush clean or if necessary use clean water from a domestic tap supply. Any soap or detergent used must be thoroughly rinsed off, especially from the Adjuster Buckles(2); mop up surplus moisture and dry Ladderbelt slowly.

8.2. Karabiner. Lightly lubricate the spring gate and the locking nut thread.

8.3. Adjuster Buckles. Do not lubricate.

8.4. Repairs must not be made.

8.5. Conditions. Store away from direct heat and sunlight in a place that is cool, dry and well ventilated. In no circumstances expose Ladderbelt to mineral acids, aggressive chemicals, sharp objects or keep under heavy objects.

9. **Formal Inspection** must be conducted as below.

9.1. By a competent person who is not the regular user.

9.2. Frequency depends upon the nature of the work, but generally at intervals that do not exceed three months.

9.3. The inspection should be in accordance with Para 2, and must not include proof testing.

9.4. If any fault is found, destroy Ladderbelt immediately.

9.5. Enter the Record Form showing the model, serial number, date of inspection, name and signature of the competent person.

SAFETY GUIDELINES

THE WORK AT HEIGHT REGULATIONS 2005 should be observed at all times

SECURE ladders at the top with the appropriate Ladderfix model or by tying.

CAUTION - Ladderfix products are convenient and safe providing that they and your ladder are in good condition and they are used in accordance with safe codes of practice.

WINDS. Avoid using ladders if winds are more severe than a light breeze and be prepared for sudden gusts.

CARRYING LADDERS - Keep the ladder clear of the ground and obstructions, hesitate at steps, doorways and corners, and look in all directions before changing directions.

LOCATION - Do not erect ladder at doorways without taking particular precautions - **ESPECIALLY FIRE EXITS**. Make sure that ladder can be seen and avoided by pedestrian and vehicles. Corners are particularly risky. Do not forget about blind people and children.

UP ENDING - Close ladder as much as possible. Check for overhead cables, clothes lines, trees and other overhead obstructions, then check that the ground is reasonably clear. Because you may have repositioned the ladder, do the same when bringing the ladder down. Place bottom end against the wall or kerb, lift the top end and walk forward holding the middle of each rung in turn, keeping the arms stretched up high. When the top of the ladder is at rest, bring the bottom outwards.

STABLE BASE. Do not erect ladder on a box or a free standing tower.

LADDER ANGLE - Incline ladder at 1 in 4, ie 1 going 4 rising. Do not alter to compensate for poor site conditions.

OUTBUILDINGS AND SHALLOW ANGLES - Do not use ladder at a shallow angle to get to a window above an outbuilding, staking a ladder does not prevent ladder stress.

LADDER LEVEL - Both bottom stile ends **MUST BE** on a firm level surface and the rungs should be more or less horizontal. If the ground slopes sideways use Ladderfix Safety Base or Leveliser. Do not use loose packing.

SLIPPERY GROUND - At angles around 1 in 4, normal exterior surfaces even when wet are not usually a problem, especially if rubber feet are used, **BUT** backward slopes, ice, oil, moss and polish are dangerous. Clean up slippery material under and around, not forgetting you also might slip stepping on and off.

SOFT GROUND - When working on soft ground or flower beds, put down a stout board with a suitable slip resistant surface.

RUNGS & FOOTWEAR - Make sure they are free of slippery material. Footwear should have a proper arch to engage the rung. Soles should be substantial to avoid discomfort. Toes should be reinforced.

CLIMBING - Have at least one hand free to hold on. If you are climbing "one handed" hold the stile.

OVERLOADING - Do not exceed limits or allow more than one person on at a time.

HANDHOLD - Do not climb or stand higher than 1 metre from the ladder top.

OVERREACHING - Do not allow both shoulders to move beyond one side of ladder.

CAUTION - These **SAFETY GUIDELINES** are not an exhaustive list of precautions. They should not be taken as a substitute for any additional measures round necessary on site, nor do they guarantee that the use of a ladder is safe without regard to local conditions.