



“Telecommunications work”

The important points for Safety and health

stepladder Portable work platform

(1) Wright way to use the stepladder and the portable work platform

Always carry out set-up inspection!

- Loosen screw and pin, falling
- Coming-off of a screw
- Deformation or damage on support, step, and others

Stand on the second step from the top, and apply shins to the top board to stabilize.



Top board

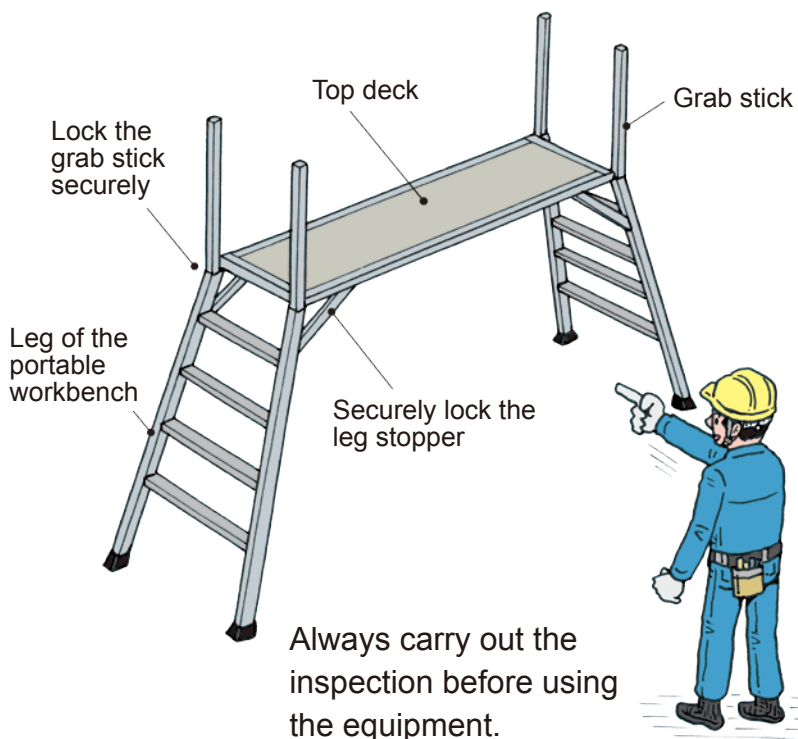
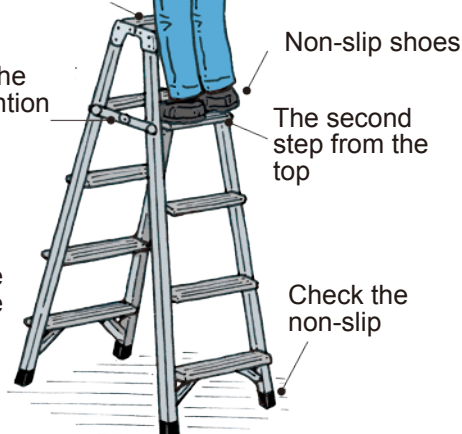
Securely lock the opening prevention device

Non-slip shoes

The second step from the top

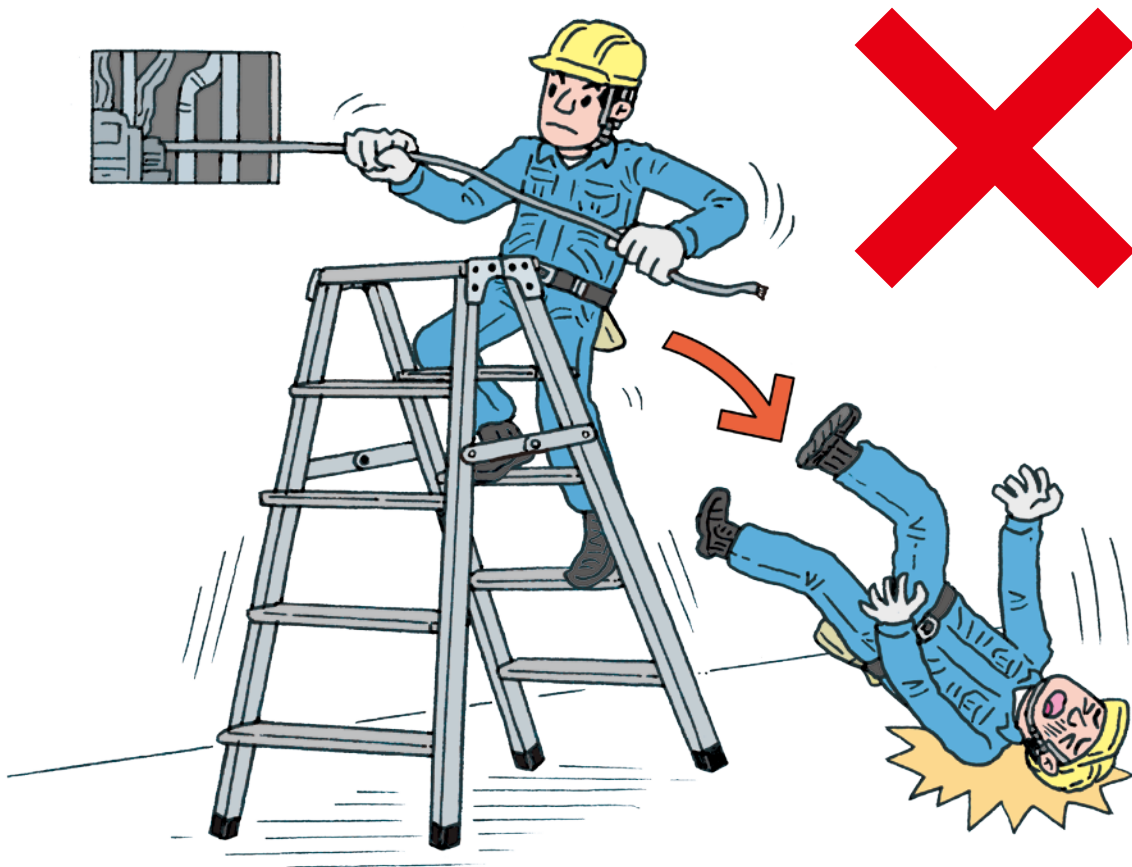
Do not use in unstable places.

Check the non-slip



Always carry out the inspection before using the equipment.

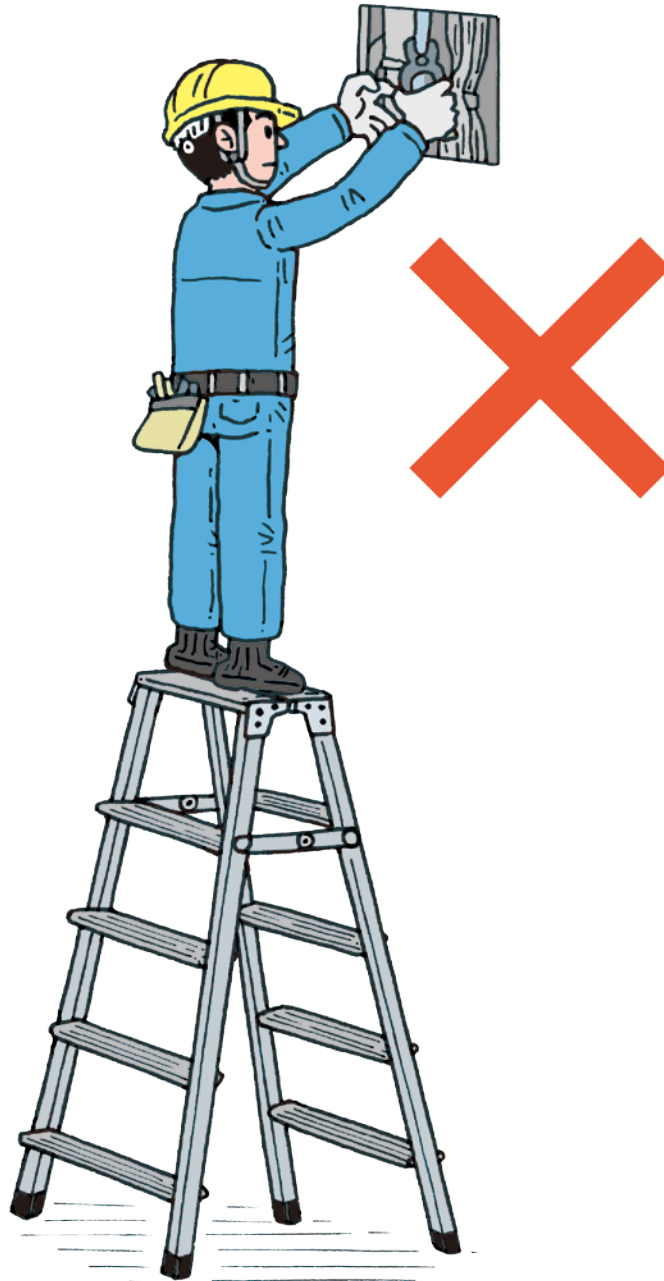
(2) Falling in the work with reaction force



Matters to pay attention

1. Do not apply force to push or pull. There is a risk of falling or dropping due to the reaction.
2. Do not protrude your body.
3. If the balance is lost, there is a risk of falling or dropping.

(3) Falling while standing on the top step of the stepladder



Matters to pay attention

1. Do not work on the top deck.
2. Do not work with your back to the ladder step.
3. There is a risk of falling or dropping by losing balance from the ladder step.

(4) Falling when going down with worker's back to the workbench

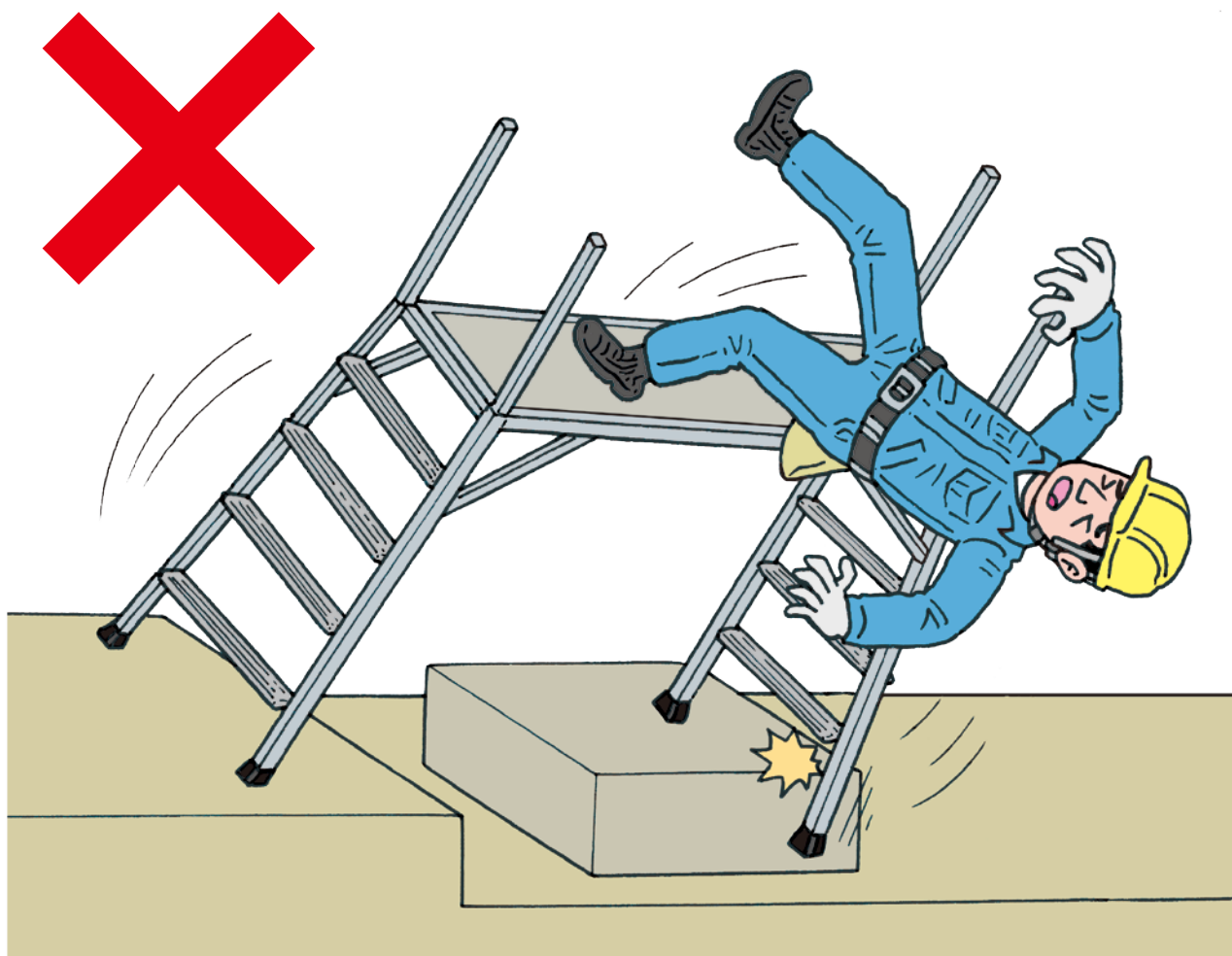


Matters to pay attention

1. Do not go down with your back to the ladder step.
2. There is a risk of falling or dropping if the you lose your footing from the ladder step.
3. Do not move up and down with objects in your hand.
4. When moving up and down, do not hold an object and lift with the three-point supporting.

* Three-point supporting: Support the body with 3 out of 4 points on both hands and legs

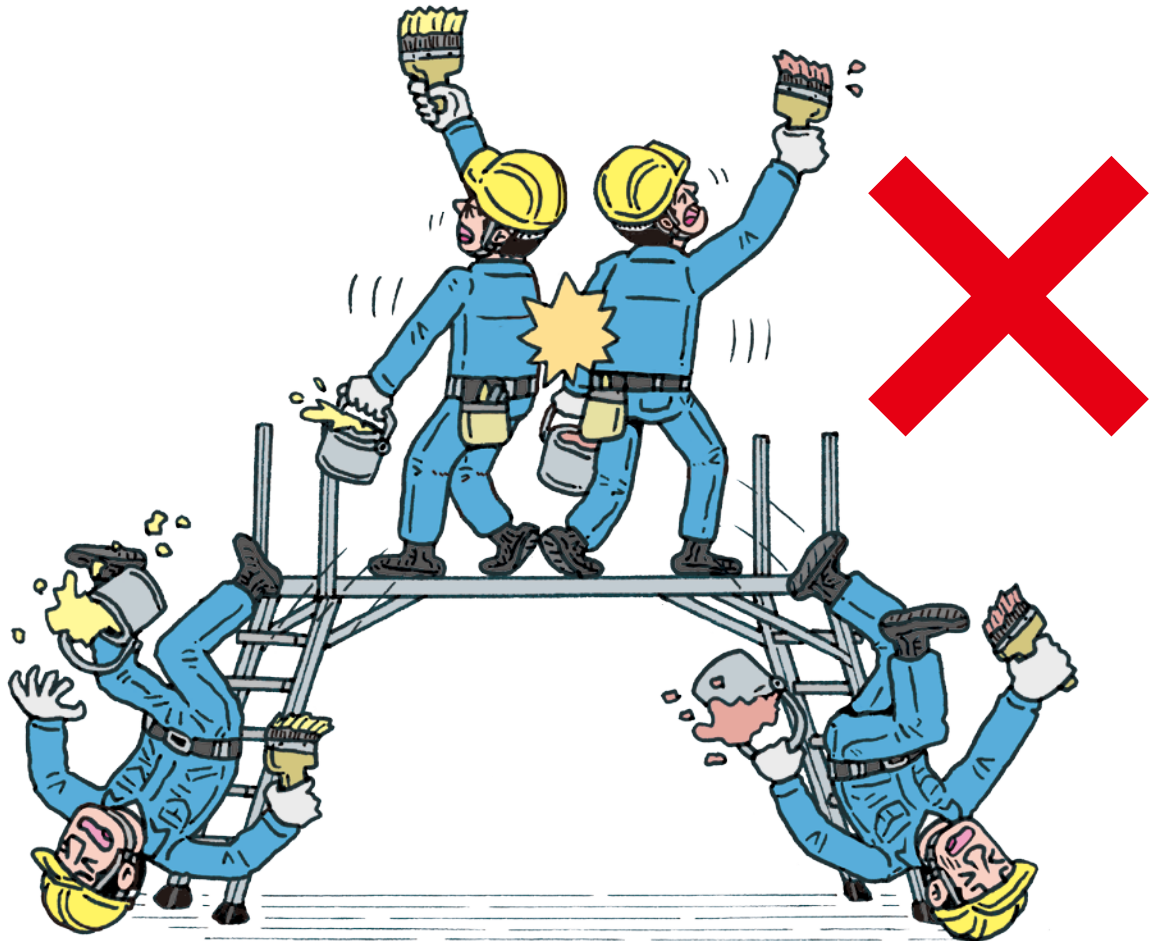
(5) Falling when installing on a slope or at a place with level difference



Matters to pay attention

1. Do not work by installing a work platform in a place with level difference.
2. There is a risk of falling from the workbench due to loss of balance.
3. Do not install in uneven, soft or slippery areas. There is a risk that the work platform may become unstable that causes falling.

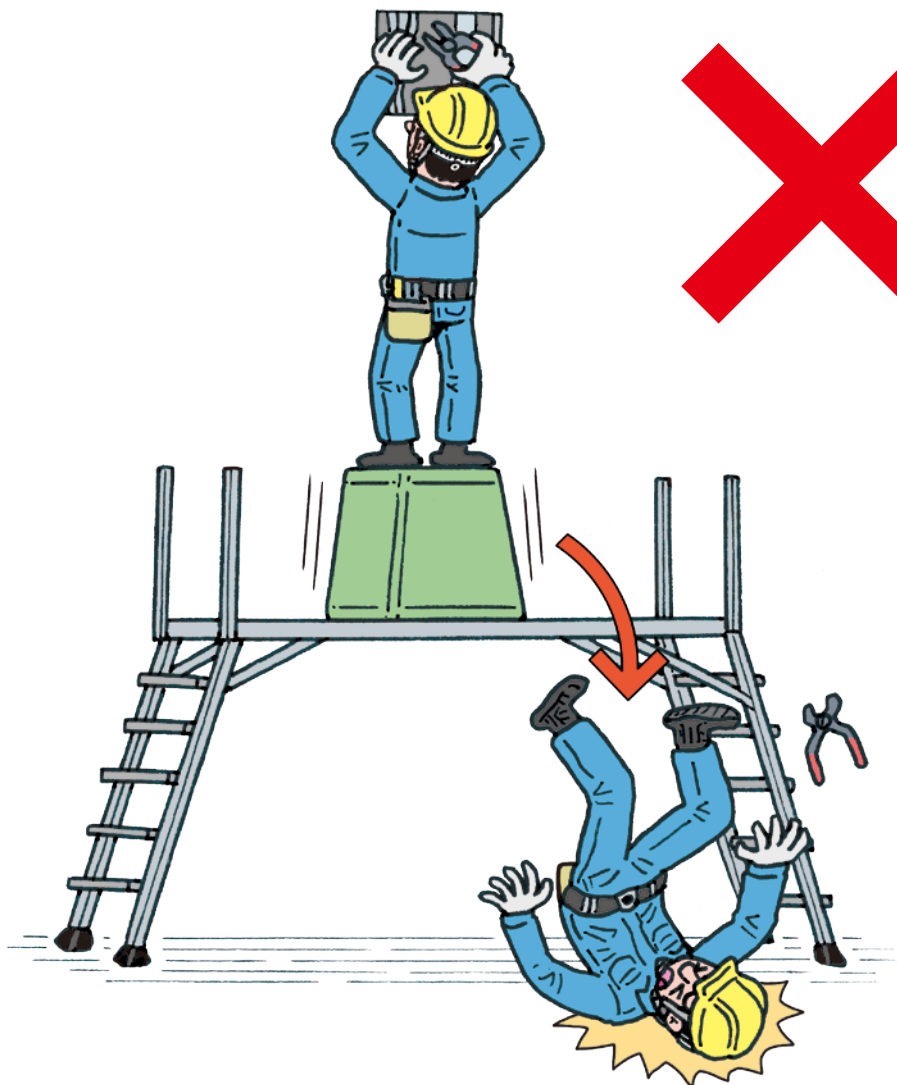
(6) Two people got on the work platform and fell



Matters to pay attention

1. Do not work two or more people on a work platform at the same time.
2. If two people work on a work platform at the same time, the workers may cross each other, and there is a risk of falling out of balance.










(7) Falling from a workbench on the top deck of the work platform



Matters to pay attention

1. Install and work at a work platform of appropriate height.
2. If a workbench is placed on the deck of the work platform, the balance will be lost and there is a risk of falling.
3. When you work on another work platform, you must get down and move.
4. If you change to another work platform, the work platform may fall over and there is a risk of dropping.

(8) Precautions for safe use of portable work platform (summary)

-  Do not move up and down with an object in your hand. Move up and down with your hand holding the grab stick.
-  Install a workbench suitable for the height. Do not work by stretching or on your toes.
-  Do not protrude the body. Install the work platform steadily near the constructed structure, and work on the top deck.
-  Do not place unnecessary items on the top deck. Placing an object on the work platform may cause a trip. Please be careful with your feet.
-  Do not forcibly push or pull a wall or objects on the work platform. There is a risk of falling due to reaction.
-  Do not move the work platform with objects on the top bench. Before moving the work platform, unload the object.
-  Do not place a bench or box on the top deck and work on it.
-  Do not transfer from a work platform to another. You should get off once and move.
-  Do not get more than two people on the work platform at the same time.