



*Don't use office chairs
as a climbing aid*

Use climbing aids correctly

On no account should office chairs ever be used as a climbing aid. Instead use a certificated, purpose-made climbing aid:

For example, 3-step ladder, kickstool, step ladder with safety strut.

Avoid twisting your body and risky positions: falling from a climbing aid can be very dangerous.

Checklist:

- ✓ Don't use office chairs as a climbing aid.
- ✓ Avoid twisting your body.
- ✓ Avoid risky positions.

