

## 사다리작업 안전수칙

**KOREA**

한국어

1. 기계나 적재물, 나무상자 등을 사다리 대신 사용하지 않도록 한다.
2. 사다리는 사용 전에 결함 여부를 꼭 점검하도록 한다.
3. 직선사다리(외줄사다리)를 사용할 때는 벽으로부터 1m 이상 띄우도록 한다.
4. 손을 잡을 때와 발을 디딜 때는 특히 조심하도록 한다.
5. 사다리로부터 자기 팔길이 이상 떨어진 곳에 대한 작업은 금하도록 한다.
6. 사다리를 오르기 전에 밑을 잘 고정시키고 올라갈 때는 두 손을 사용하도록 한다.
7. 출입문이나 통로 가까이에 사다리를 세울 필요가 있을 때에는 주의 표지를 붙이거나 감시자를 배치하도록 한다.
8. 사다리의 세운 윗부분은 자기 위치로부터 1m 이상 여유가 있게 세우도록 한다.

## Safety Instruction on Working on Ladder

**ENGLISH**

영어

1. Do not use machine, loaded matters, wooden box or any other similar matters in lieu of the ladder.
2. The ladder has to check for any defect before using it.
3. When using the straight ladder (single line ladder), allow a space of at least 1 meter from the wall.
4. When holding on hands or place the foot, particular care has to be taken.
5. Do not work on any area where the worker is separated for his arm length from the ladder.
6. Secure the bottom part of the ladder before getting on and use both hands to climb up.
7. If there is a need of erecting the ladder near to the access door or path, make sure to set up the caution mark or assign a person to monitor.
8. The upper part of the ladder has to have extra space of 1m or more from the worker's position.

# Meeting for the foreign workers

## NGUYÊN TẮC AN TOÀN KHI LÀM VIỆC VỚI THANG

### Tiếng Việt

베트남어 ○

1. Không được dùng máy móc, hàng hóa hoặc hộp gỗ v.v để thay thang khi leo lên cao.
2. Trước khi sử dụng thang, phải kiểm tra xem thang có bị hỏng hóc gì hay không
3. Khi sử dụng thang thẳng ( thang đơn), phải dựa vào tường với khoảng cách trên 1m.
4. Phải đặc biệt chú ý khi nắm tay và bước chân trên thang.
5. Cấm làm việc ở những nơi cách thang quá một cánh tay của mình.
6. Trước khi trèo lên thang, phải cố định chắc ở bên dưới. Khi leo lên thang phải sử dụng cả hai tay để bám.
7. Khi cần dựng thang ở những nơi gần đường hoặc gần cửa ra vào, phải đặt "bảng chú ý" hoặc phải có người giám sát.
8. Phần trên cùng của thang phải có khoảng cách dài hơn 1m tính từ vị trí của mình

### ภาษาไทย

태국어 ○

## ระเบียบรักษาความปลอดภัยสำหรับการใช้บันได

1. ไม่ควรใช้เครื่องทุ่นแรง ที่ไหลตของ หรือกล่องไม้ แทนบันได
2. ก่อนใช้บันได ต้องมีการตรวจสอบทุกครั้งว่าชำรุดหรือไม่
3. เมื่อใช้บันไดแบบตรง ควรวางบันไดให้ห่างจากกำแพง 1 เมตร เป็นอย่างน้อย
4. ตอนก้าวเท้า และตอนยึดจับ ให้ระวังเป็นพิเศษ
5. ห้ามใช้งานในที่ๆ บันไดจมลงไปมากกว่าความยาวของแขนตนเอง
6. ก่อนขึ้นบันได ต้องตรวจว่าบันไดวางในตำแหน่งที่มั่นคง และเมื่อปีนขึ้น ให้ใช้สองมือจับให้มั่น
7. เมื่อมีความจำเป็นต้องวางบันไดใกล้ประตูเข้าออก หรือท่อน้ำ ควรตั้งจอมอนิเตอร์ หรือติดป้ายเตือน
8. ส่วนบนที่บันไดพึงไว้ ควรเว้นระยะไว้มากกว่า 1 เมตร นับจากตำแหน่งของตัวเอง

