

# Health and Safety

## LADDER SAFETY TIPS

### INTRODUCTION

Ladders are commonly used to reach or work at high levels, or to gain access to higher areas. However, there are a number of hazards associated with ladder use that can cause accidents resulting in serious injuries. These hazards include: working near wires; windy conditions; improperly securing or stabilizing ladders; poor grip; unsafe positioning or using damaged ladders. Proper selection and safe use procedures must be followed to prevent accidents from occurring. The following safety tips for extension ladders and step ladders have been prepared for protection against these hazards.

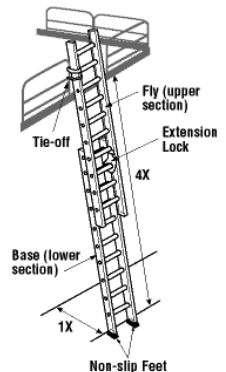
### ALL LADDERS

- Check the work area and surroundings for hazards
- Inspect ladders prior to use
- Stay clear of power lines
- Place ladders on firm, level ground
- Take appropriate measures to protect the base of the ladder from any activity (e.g. people, doors, vehicles) that could bang it.
- Maintain 3-point contact with the ladder (1 hand and 2 feet or 2 hands and 1 foot)

- Always face the ladder and keep your centre of gravity between the rails
- Do not overreach
- Ensure soles of shoes are clean and not slippery

### EXTENSION LADDERS

- Angle ladders such that the feet are distanced 3-4ft horizontally for every 1ft vertically
- Do not overextend the upper section
- Secure the top of the ladder to the landing area
- Have someone hold the bottom of the ladder when the top is not tied off
- Do not stand on steps past the 4<sup>th</sup> rung from the top



### STEP LADDERS

- Open the ladder fully
- Extend and lock spreader arms
- Keep the ladder close to the work area
- Keep your knees below the top step
- Do not stand on the top step



*Think Safe! Be Safe!*