

# LADDER SAFETY

## FALL FROM ELEVATION

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### BEFORE YOU USE IT

- INSPECT BEFORE USE
- SETUP ON A SOLID SURFACE
- TIE OFF & SECURE
- AVOID OVERHEAD HAZARDS

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### WHEN YOU USE IT

- MAINTAIN 3 POINTS OF CONTACT
- FACE THE LADDER
- STAY IN THE MIDDLE



**BC Forest Safety**

Safety is good business



# LADDER SAFETY

## FALL FROM ELEVATION

### BEFORE YOU USE IT

#### **INSPECT BEFORE USE**

- Carefully inspect the ladder for defects, check for cracks, corrosion and ensure bolts and rivets are secure
- Is the ladder suitable for the intended work?
- Tag and remove unsafe ladders from service to ensure the unsafe ladder is not accessible by someone else

#### **SETUP ON A STABLE SURFACE AND USE 4:1 ANGLE FOR SET SET-UP**

- Make sure that your ladder is on a solid even surface
- Use the 4:1 rule. For every 4 feet in height, move it 1 foot at the base
- A good rule of thumb is to keep the ladder at an angle so that when your feet touch the base, your outstretched arm just reaches the rungs
- Tie off and secure at the top or bottom. If that's not possible, have someone securing the ladder at the bottom while performing your task(s)

#### **AVOID OVERHEAD HAZARDS**

- Look out for power lines, lights, ceiling ledges, pipes, sprinkler heads, etc.

### WHEN YOU USE IT

#### **MAINTAIN 3 POINTS OF CONTACT**

- Always maintain three point contact by having two hands and one foot, or two feet and one hand on a ladder at all times
- Avoid carrying objects up and down the ladder. Raise and lower tools and materials with a rope or bucket

#### **FACE THE LADDER**

- When climbing the ladder, face the ladder and place your feet firmly on each rung
- Ensure your footwear is clean and free of mud, etc.
- Never stand on the top rung of a ladder

#### **STAY IN THE MIDDLE**

- When climbing or descending the ladder, stay near the middle and don't overreach
- Don't pull, lean, stretch or make sudden moves on a ladder that could cause it to tip over

