OVER ▶

LADDER SAFETY

Ladders are considered high-risk equipment on a work site. When used incorrectly, workers are at risk for serious injuries and even fatalities.

Every step matters - so learning how to use ladders safely is essential.

LADDER SAFETY:

- LADDERS ON WALKWAYS
- PROPER USE OF LADDERS
- STEP LADDER USE
- PROPER BODY MECHANICS

BC **Forest Safety**

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LADDER SAFETY

LADDERS ON WALKWAYS

Ladders are often necessary but can be dangerous when misused. Ensure you are using the right ladder for the job and using it properly based on the ladder's specifications. Ladders should not be used in high traffic areas or elevated walkways unless they're essential to the task at hand.

- Put away ladders used in walkways immediately after they've served their purpose.
- Rope off the section where the ladder is being used and the area below the ladder and walkway.
- Use a sign or caution marker to emphasize the visibility of the ladder to walkway users.
- Communicate and make other employees aware a ladder is being used in the area.
- If using a ladder on a walkway platform, or where there is a risk of a fall from height over ten feet, follow fall protection safety procedures.

PROPER USE OF LADDERS

Ensure the walkway platform can safely hold a ladder. Consider the following:

- Is the platform solid with no holes for the ladder legs to slip through?
- Is the platform large enough for the ladder to be fully opened?

When working on a walkway at height, consider:

- Is there a possibility of tools falling to lower levels? If so, secure any tools and rope off the lower area.
- Is there potential to fall over the hand rails? If so, wear fall protection.

STEP LADDER USE

Although step ladders are more stable and closer to the ground, there are still inherent risks to users.

- Step ladders can easily tip, especially if you reach out too far.
- Step ladders can be tripping hazards.
- Step ladders are designed to be used in an open position and are not designed to be used as a straight ladder. In a straight position, there is a high-risk of falling.
- Type 3 (light duty - household ladder) max load capacity = 200 lbs. Are not to be used in the workplace. These are for household use only.

BODY MECHANICS WHILE ON LADDER

- Always face the ladder.
- Do not overreach.
- Keep your body centred between the rails of the ladder.
- Maintain three points of contact.
- If necessary, wear a toolbelt to carry tools and supplies to help keep both hands free for safely climbing up and down.

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