

# Keep Up With Ladder Safety Infographic



**Ladder safety**

**Set-up and placement**

- Make sure that the surface and ladder feet are clean. Dust, sand or dirt can cause ladder feet to slide
- Set the ladder on a firm, level surface
- Secure the base and top so they do not move
- Clear the area around the base and remove unstable material and debris
- Do not use aluminum ladders near live electrical equipment or wires
- Barricade the immediate area with high visibility or barrier tape if the ladder will be used for a period of time

**Inspect the ladder before each use**

- Fall protection is required when working above 3 metres
- Always face the ladder when climbing up or down and while working
- Maintain 3-point contact when climbing up or down
- Have two hands and one foot, or two feet and one hand on the ladder at all times
- Check non-slip feet for wear, embedded material, and that the feet swivel properly
- Replace frayed or worn ropes on extension ladders with the type and size equal to manufacturer's original rope
- Check for dents and bends in side rails, steps and rungs
- Check for any cracks, wear, splits or rot
- Check for grease, oil, caulking, embedded stone, metal, and other materials that could make using a ladder unsafe

**Employers** need to ensure that

- Ladders are CSA-approved
- Damaged ladders are removed from service, repaired or disposed of
- Ladders are suitable for the job
- Workers are trained on what ladder to use when, and how to use them safely

**Working from a ladder**

- Keep boots clean of mud, grease, or any loose or slippery material
- Keep your centre of gravity between the side rails
- Use a hoist rope or tool belt to carry tools or materials when climbing
- Stand no higher than the third or fourth rung from the top
- Maintain knee contact for balance, along with a minimum 3-point contact
- DO NOT walk, bounce, hop or jump a ladder

**CCOHS.ca**  
Canadian Centre for Occupational Health and Safety

**If a ladder must be used to do the job, training in safe use is essential**

Source: <https://www.ccohs.ca>