

# Keep Up With Ladder Safety Infographic



# Ladder safety

**Inspect the ladder before each use**

**Fall protection is required when working above 3 metres**

**The Climb**

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-skid 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

**Set-up and placement**

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

Make sure that the surface and ladder feet are clean. Dust, sand or dirt can cause ladder feet to slide

Barricade the immediate area with high visibility or barrier tape if the ladder will be used for a period of time

**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

Climb down and reposition the 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>