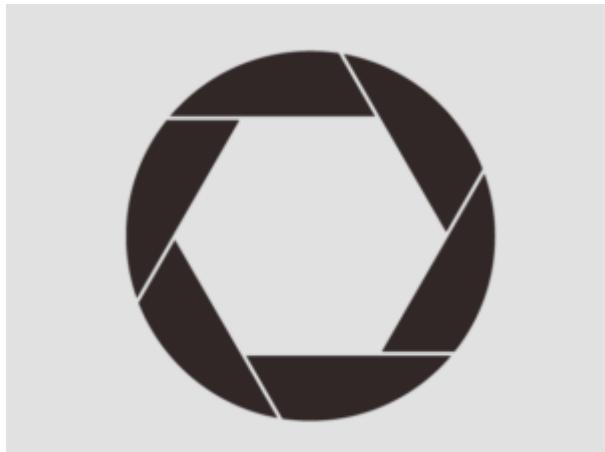


# Ladder Use Picture This



# Ladder safety

**Inspect the ladder before each use**

**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 or 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

**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 3:1 hand-to-foot contact
- DO NOT walk, lunge, turn, or lean from a ladder
- Climb down and reposition the ladder

**The Climb**

- 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

**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

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

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