

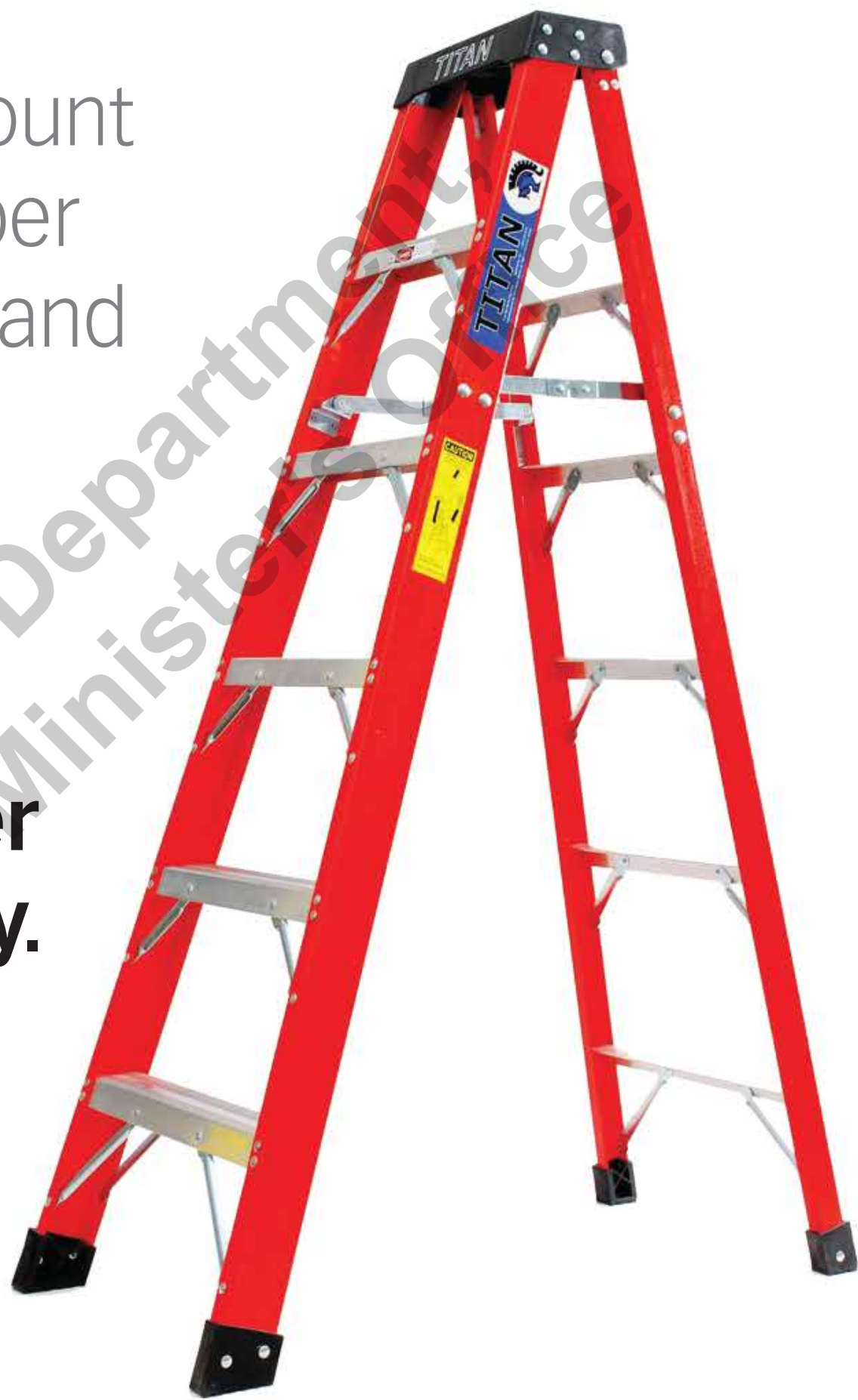
# LADDER SAFETY



## Did you know?

Falls from height account for a significant number of workplace injuries and unnecessary deaths.

**Hence it is very important to know how to use a ladder safely and correctly.**



**STOP AND THINK...**

**SAFETY & HEALTH**



# LADDER SAFETY



## Ladder inspection

It is important to inspect your ladder periodically for defects.

### ONE

#### Check locking mechanisms

Ensure locking bars are engaged and not damaged

### TWO

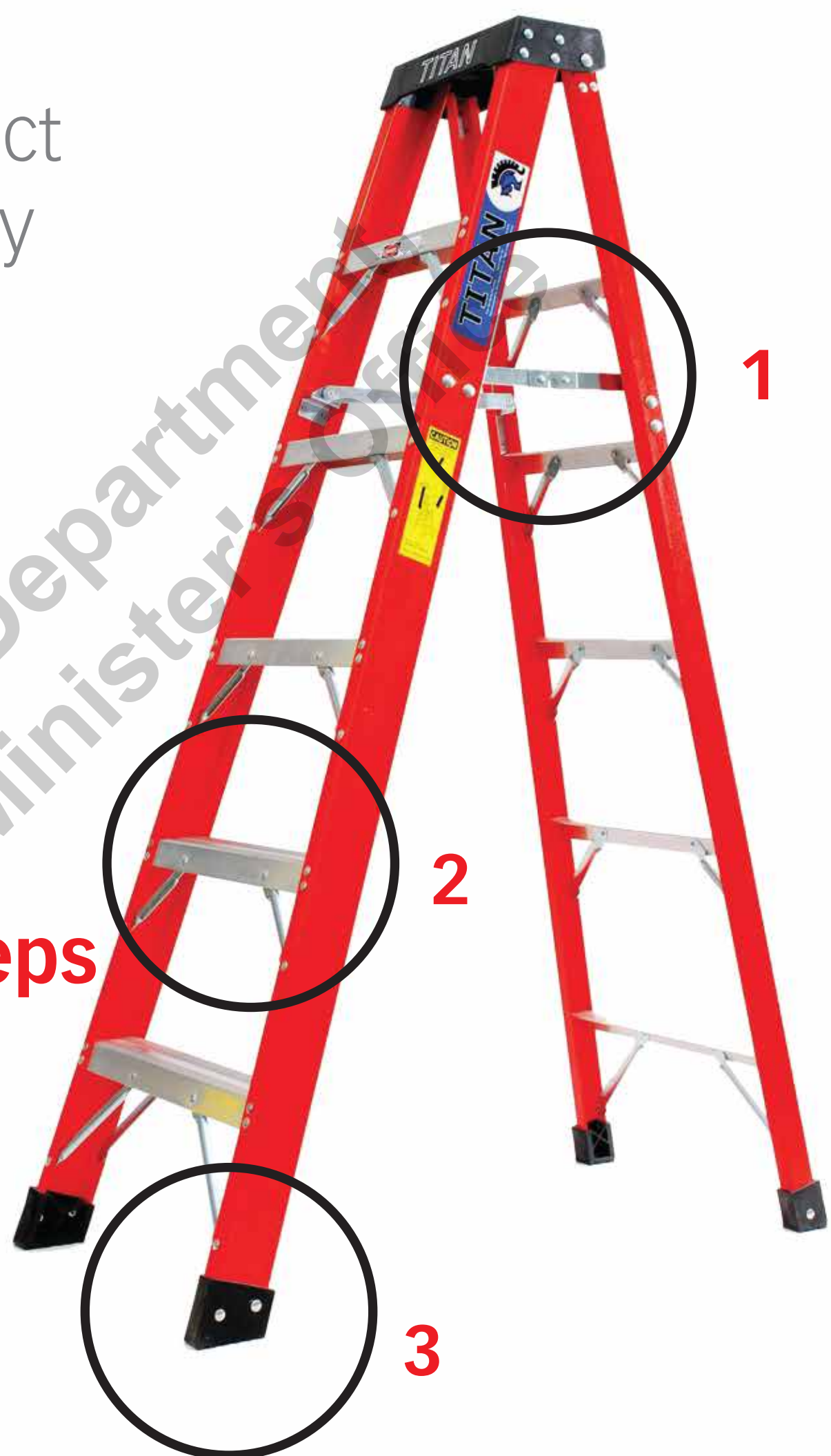
#### Check the rungs/steps

Bent, worn, missing or loose

### THREE

#### Check the feet

Not worn, soiled or damaged the ladder could slip



**STOP AND THINK...**

**SAFETY & HEALTH**



# LADDER SAFETY

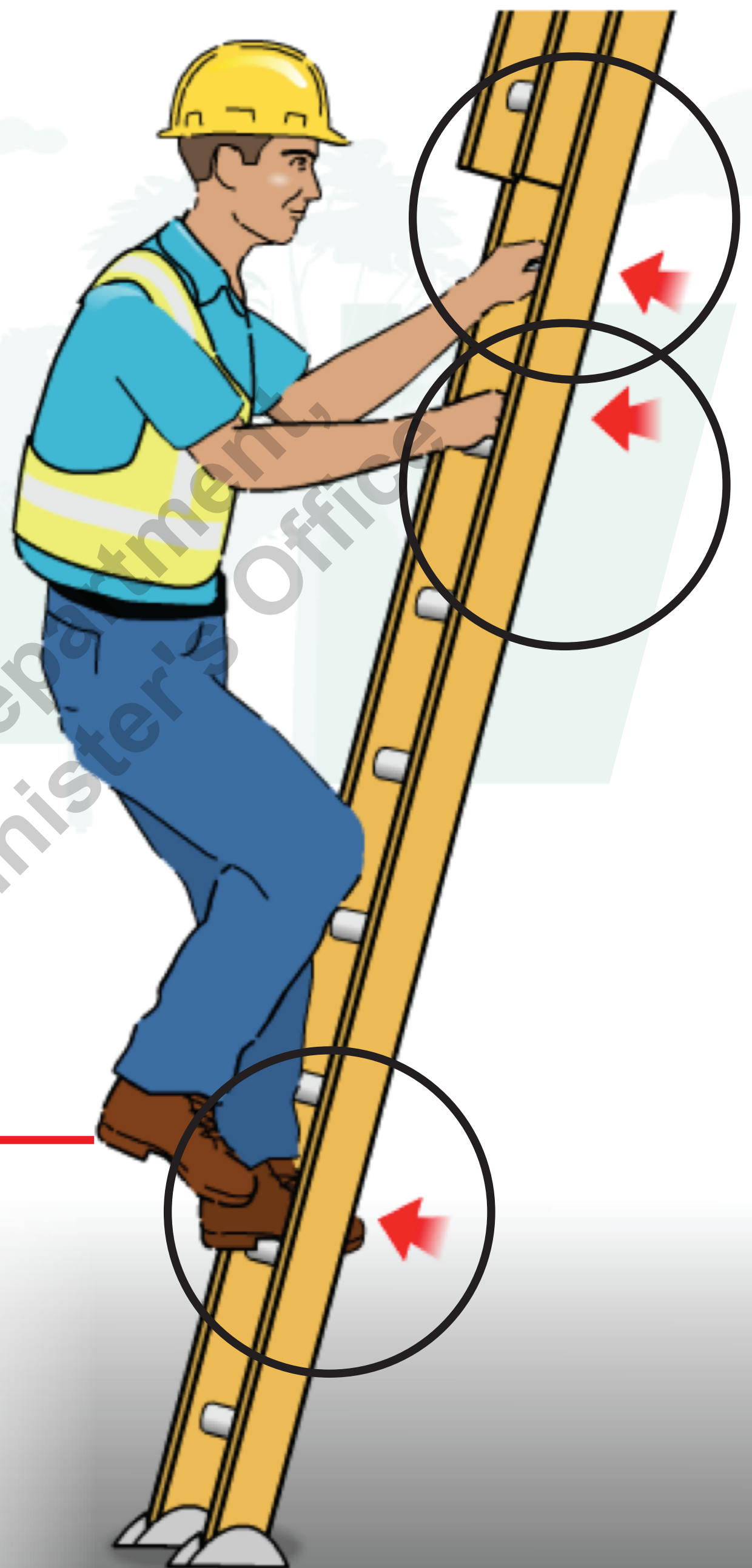


## Using a ladder correctly

- Use non-slip footwear
- Center your body between the rails
- Hold the side rails or rungs with both hands for better grip
- Every ladder shall be securely fixed or held in place by a second person

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**Always maintain at least 3 points of contact with the ladder.**



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**SAFETY & HEALTH**



# LADDER SAFETY



## Safe ladder environment

- Feet should be placed on firm and level ground
- Feet should be placed on non-slippery surface
- Avoid placing your ladder away from doors, windows, corridors or vehicles where it could be knocked down
- Mark the ladder's surrounding area using barriers or cones

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# LADDER SAFETY

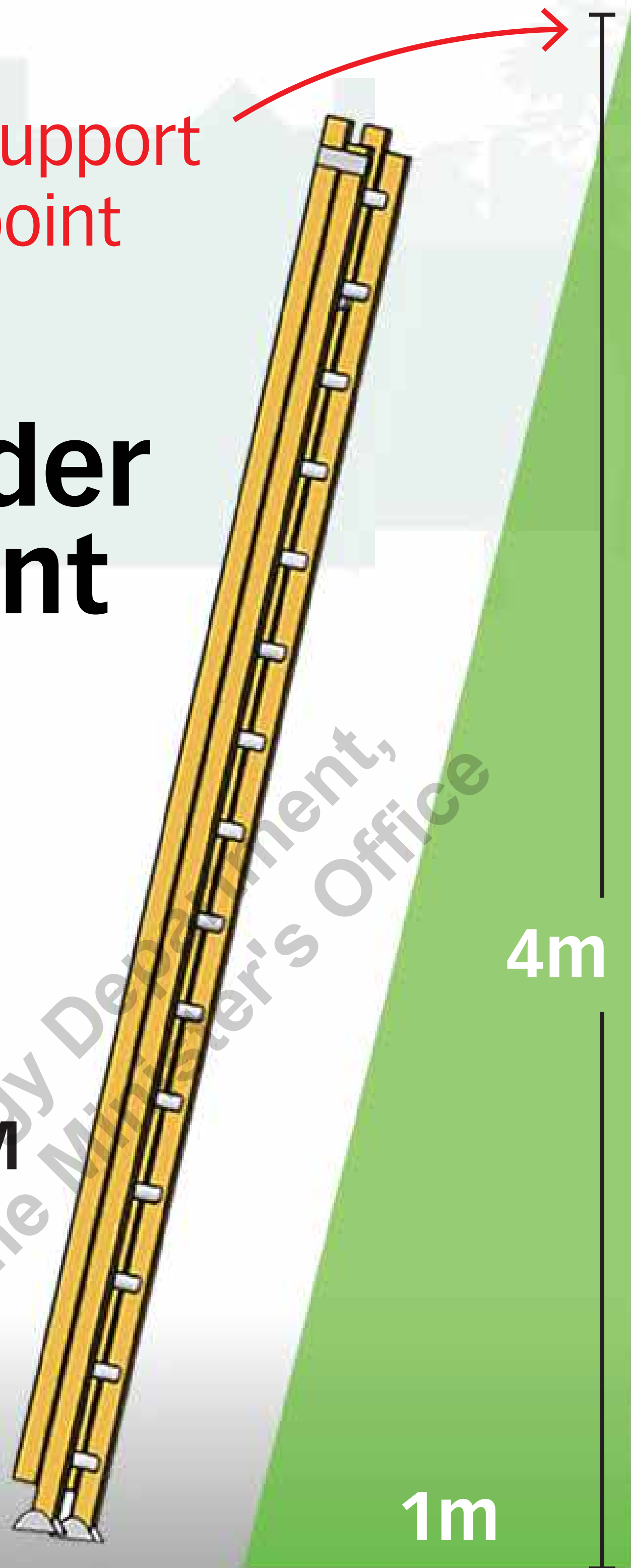


support  
point

## Safe ladder placement

The safest  
distance of  
a ladder from  
a structure is

**1/4 OF THE  
HEIGHT FROM  
THE GROUND**



STOP AND THINK...

**SAFETY & HEALTH**



# LADDER SAFETY



## Reminder

Make sure you choose the right type of ladder and you know how to use it safely.



**STOP AND THINK...**

**SAFETY & HEALTH**



# LADDER SAFETY



## Step Ladders

Self-supportable ladders that may be used in a room or under a structure. To avoid losing your balance, the user must not stand higher than the step indicated as the highest standing level.

## Extension Ladders

This type is used to reach high places and must be leaned against some type of support; such as a house, wall, or tree before it can be used.



## Platform Ladders

A front step ladder with a platform as its top step. A top rail guard is usually around two feet higher than the platform to provide safety while you are working.

**STOP AND THINK...**

**SAFETY & HEALTH**



# LADDER SAFETY

## WSH

### (Construction) Regulations 2013

state that...

#### Clause 43

It shall be the duty of the employer who carries out any work in a worksite, which requires the use of a ladder to ensure that the ladder is of a good construction, sound material and adequate strength for the purpose for which it is used.

**STOP AND THINK...**

**SAFETY & HEALTH**