

Topic: Ladder Safety



When climbing up or down, workers should always:

- **Face the ladder.**
- **Use a three-point contact climbing method (two hands and one foot or one hand and two feet).**



Workers must not work from the top two rungs of a ladder. Suitable hoisting equipment must be used for this purpose.

Ladders (other than stepladders) must extend approximately 1 m (3 ft) above a safe landing or parapet wall.



Only one worker at a time is allowed on a single-width ladder.

Workers must not use ladder-type material hoists for roof access unless the hoists are designed for that purpose.

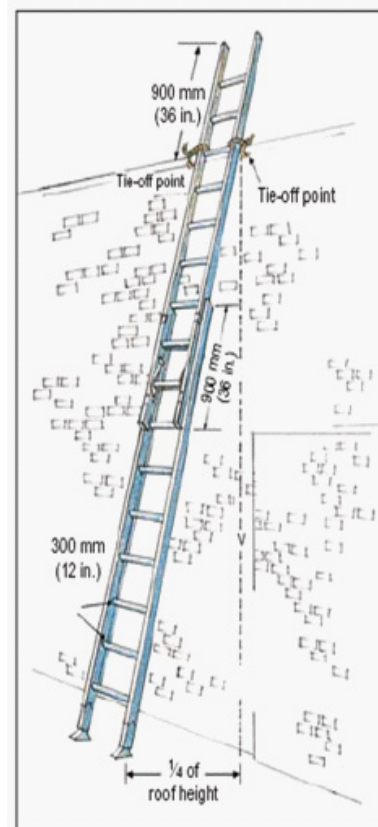
Heavy, bulky, or hazardous materials must not be carried when climbing ladders.



Setting up a ladder

Inspect each ladder before use. Ladders with loose, broken, or missing rungs, split or bent side rails, or other defects must be identified and removed from service.

Ladder tops must rest against a firm structure.



Ladders must be set up with a 4 vertical to 1 horizontal slope.

Ladders must be tied, blocked, or otherwise secured to prevent them from slipping.

The base of a ladder's side rails must rest on a firm, level foundation.

Watch for overhead power lines before erecting a ladder. Metal, including wire-reinforced wooden ladders, must not be used near energized electrical conductors.