

smart employee's guide to Ladder Safety

Use the right ladder for the job and working environment

Choose other tools, like scaffolding, for heavy-duty tasks.

Make sure the ladder is in good working condition

Inspect side rails, rungs, footings and any connections before use.

Secure ladder against movement

Ensure surface is free from slipping hazards and footings are secure.

Use the 1 to 4 rule

Set ladder base out 30 cm (1 foot) for every 120 cm (4 feet) of height.

Don't lean outside the side rails to do work

Instead, climb down the ladder and safely move it.

One ladder, one worker

No sharing a ladder at the same time (unless it's designed for more than one person). Everyone gets their own.

Never set a ladder on a box, crate, table or other unstable surface

Never, ever.

Ladders go up and down – never across

Don't use ladders horizontally in place of scaffolding.

Safety check yourself!

Never use ladders if you feel light-headed or you're impaired from drugs, alcohol or tiredness.

Slip free

Keep ladder clean, free from paint, mud, snow, grease, oil and other slippery materials.

Training first

Always ensure the user is competent – aware of proper use and procedures.

Hands for climbing only

Don't carry tools or materials by hand when climbing up or down a ladder.

Face the ladder

Make nice with the ladder. Always face it when climbing up or down.

Three-point contact

Always have two feet and one hand, or two hands and one foot on your ladder when climbing up or down.

Don't paint a wooden ladder

Instead, replace it or use as is.

Leave top rung and platform free

Use this area for tools and materials, not feet. Check your manufacturer's specifications for requirements.

Save the theatrics

Never try to move a ladder while on it. Climb down safely, then move it.

Look up, way up

Check for overhead power lines before setting up a ladder.

Side rails one metre higher

Ensure side rails extend above landing. If the ladder is 11 metres or less, the overlap must be 1 metre.

Not in passageways

Don't use a ladder where it can get struck or near an edge or floor opening.

Follow manufacturer's specifications

Read and follow them. They're important!

Check the CSA standard

CSA Z11-18 - Portable Ladders provides guidelines for transporting, testing, storing and using ladders.

Learn more on ladder safety and fall prevention:

worksafenb.ca



Take safety tips on more than 50 topics wherever you go. Download the NB OHS GUIDE app!