

Ladder Safety



It only takes a second of inattention to potentially change your life forever—follow safety protocols when using any type of ladder.

Prior to Work

- ⚠️ Only ladders with **CSA certification** should be used.
- ⚠️ Ladders should be **inspected** before and after every use.
- ⚠️ **Defects** should be reported and ladder should be **tagged and taken out of service**.

Specific Procedure



Working Near Electrical
Fiberglass (non-conductive) ladders should be used.



Extension ladders
Maintain proper setup angle:

- 1 meter out for every 4 meters up (1:4 ratio)
- Extension sections should overlap by at least 4 rungs



Elevated Work Access

- Top of ladder should extend at least 1 metre (3 rungs) above the elevated work location
- Ladder should be firmly secured at the top and bottom to prevent movement



Ladder as Work Platform

- Ensure hazard identifications are performed
- Use a spotter to maintain stability **OR** tie-off ladder to a solid object
- Tools and materials raised or lowered by rope
- Take rest periods to avoid hazards on the feet, legs, back and neck



Ladder Safety

Ladders should only be used on a firm, level, non-slip surface free of debris.

Workers should keep their boots free of mud, snow, grease or other slippery materials.

Always descend, relocate the ladder then re-ascend **DO NOT lean or reach to one side**.

There should only be **one worker** on a ladder at a time.

Workers should always maintain **3-points of contact**.

Avoid excessive pulling or pushing while using equipment that requires force (i.e. hammer-drill).

Workers should have **2 feet on the rungs at all times** while working.

Ladders should only be used as means of **access and egress** (see "Ladder as Work Platform").

⚠️ When not in use, **ladders should be stored inside** to avoid compromising the integrity of the material.

*For the purposes of this document, the terms: 'ladder' or 'ladders' refers to 'portable' as opposed to 'fixed' devices and includes only the following: Step Ladders; Platform Ladders; Extension Ladders and Step Stools.