



Safe Work Practice

Working with Ladders

Over the past five years, there have been more than 800 incidents of workers falling from ladders in Manitoba, according to the WCB. Portable ladders are a common feature of many workplaces, but care must be taken to ensure their safe use. Using ladders in an unsafe manner can lead to falls that result in severe injury or even death.

One of the most common causes of stepladder accidents is overreaching.



DO

- Inspect the ladder before every use
- Place the ladder on a firm level surface
- Face the ladder when climbing up or down
- Select a ladder that is the correct height and type for the job
- Keep your body within the rails of the ladder while working on it
- Keep rungs free of slippery materials such as oil, grease, water and paper



DO NOT

- **Do not** use a worn or damaged ladder
- **Do not** place a ladder near overhead hazards (e.g. electrical wires)
- **Do not** carry tools and materials on ladders
- **Do not** lean-out on a ladder
- **Do not** leave a ladder unattended for extended periods or overnight
- **Do not** stand or sit on the top two steps of the ladder



General Safe Work Practices

1. Inspect the ladder to ensure no bent or damaged steps/rungs or side rails and that all parts are in working order. **Inform your supervisor immediately if a ladder is damaged.**
2. Have another worker assist with carrying and placing the ladder in position.
3. Before mounting a ladder, clean the boot soles if they are muddy or slippery.
4. Once the ladder is secured and placed at the correct elevation and angle, face the ladder and climb using the 3 point contact rule at all times. (Tools and materials should not be carried, but hoisted separately once in a safe position).

All Employees must wear fall protection if they work above 8 feet (distance is calculated from the bottom of your feet to the floor). If you are unsure of the height see your supervisor. Employees that are required to wear fall protection must be certified in fall protection.

**Failure to adhere to this Safe Work Practice will result in disciplinary action.
If you have any questions or require clarification that you contact your Immediate Supervisor.**

LADDER SAFETY QUIZ



Name: _____

1. It is acceptable to stand on the top rung of a ladder if necessary. True False

2. One of the most common causes of stepladder accidents is overreaching. True False

3. It is acceptable to carry tools and materials on a ladder. True False

4. As long as it is properly secured, you can place your ladder on a box to obtain additional height.
 True False

5. What do you do with a ladder you find to be broken upon inspection?
 try to fix it up inform your supervisor use it with caution

6. When climbing up and down a ladder, how many points of contact must be maintained?
 1 2 3

7. To help eliminate the risk of falls, workers should **never**:
 Lean-out on a ladder
 Stand or sit on the top two steps of a ladder
 Use a damaged ladder
 All of the above

8. When must you use fall protection?
 working above 6 feet working above 8 feet working above 10 feet

9. Name one thing you **cannot do** while using a ladder:

10. Name one **safe work practice** while using a ladder:

SCORE _____ / 10