

LADDERS

SAFETY REMINDER

Do

- Check for damaged side rails and rungs before use.
- Secure ladder against movement.
- Set the ladder on a firm, level surface.
- Ensure side rails extend at least 90 cm (3 ft.) above a landing.
- Set ladder base out 30 cm (1 ft.) for every 120 cm (4 ft.) of height.
- Check for overhead power lines before setting up the ladder.
- Always face ladder when climbing up or down.
- Maintain three point contact when climbing up or down.
- Keep your centre of gravity between the side rails.
- Keep footwear free of mud, grease or slippery materials.

Do not

- Do not set up ladders on boxes, crates, tables or other unstable surfaces.
- Do not position ladders against flexible or movable surfaces.
- Do not attempt to move ladder while working from it.
- Do not lean outside the side rails to do work, your belt buckle should never be outside the side rails.
- Do not use ladders horizontally as a scaffold.
- Do not work from the top three rungs.
- Do not set ladders up in doorways or passageways where they can be struck.
- Do not carry tools or materials when climbing up or down.
- Do not paint wooden ladders.
- Do not allow more than one worker on a ladder at a time.