

PORTABLE LADDER SAFETY

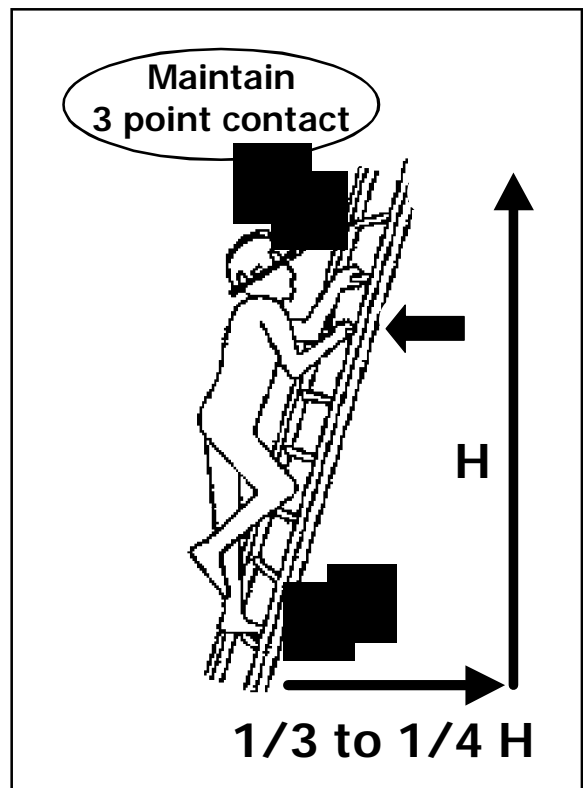
Portable ladders including step, extension, and trestle ladders are the most commonly used types of ladders in industry today. The importance of ladders and their usage is reflected in Manitoba Regulation 189/85 respecting the Construction Industry, which has several sections dedicated specifically to ladders.

Ladders are frequently misused and abused. Falls from ladders account for many workplace injuries, often because they are not set up or used properly.

All portable ladders used by workers in industry must be manufactured as per the Canadian Standards Association Standard CAN-Z11-M81 "Portable Ladders" and should be used and maintained in accordance with Workplace Safety and Health Regulations and manufacturer specifications.

The Canadian Center for Occupational Health and Safety (CCOHS) explain proper usage and handling of portable ladders at their website:

www.ccohs.ca/oshanswers/safety_haz/ladders/portable.html



Ladder Check List:

- ✓ Check rails for cracks, checks or bends.
- ✓ Check for broken or missing rungs.
- ✓ Check the ladder braces (step ladder).
- ✓ Is the base of the ladder placed on a solid surface?
- ✓ Step Ladder – make sure the ladder is fully open and the spreaders are locked.
- ✓ Are the feet worn or broken?
- ✓ Look for anchor points at the top and bottom of the ladder.
- ✓ Look at where the top of the ladder is resting.
- ✓ What is above where you are working?
- ✓ Check for other work being performed near you.
- ✓ If repaired, make sure repair has been done properly.
- ✓ Before moving a ladder, check for material or tools left on the ladder.

(Over)

Do's

- Inspect ladder before using.
- Place on firm and level surface.
- Store in clean dry area.
- Face the ladder when climbing up or down.
- Use only grade #1 ladders on construction.
- Keep three points of contact when on a ladder. (see illustration)
- Maintain the ladder as per manufacturer's guidelines.
- Use the correct ladder for the work performed.
- Secure an extension ladder on top and bottom when ever possible.
- Use fall protection when working above 8 ft (2.5 meters)
- Keep your body within the rails of the ladder while working on it.
- Watch out for overhead power lines when using a ladder. Have a second person hold the bottom of a long ladder, especially when tying or untying an extension ladder.
- Extend an extension ladder 3 ft. (1 meter) beyond the top surface the ladder is resting upon.
- Space the bottom of an extension ladder 1/3 to 1/4 of its height at the base. (see illustration)
- Destroy the ladder if broken, worn, or damaged beyond repair.

Don'ts

- Use a worn or damaged ladder.
- Paint a wooden ladder (this covers up imperfections).
- Carry tools and material up a ladder.
- Use an extension ladder as a platform. A ladder is designed with vertical not horizontal strength.
- Use a step ladder as an extension ladder.
- Over extend an extension ladder.
- Have more than one person on a ladder at the same time.
- Use a ladder in high winds.
- Use a ladder on a scaffold.
- Stand on the top of a step ladder.
- Use a metal or aluminum ladder near electrical power.
- Use ladders as scaffold uprights.
- Use the rungs of a ladder for a winch point.
- Place the top of a ladder against a flexible or unstable surface ie: window or place the ladder rung against a beam.
- Leave a ladder unattended for extended periods or overnight.