



Climbing a Ladder

Explain Dangers

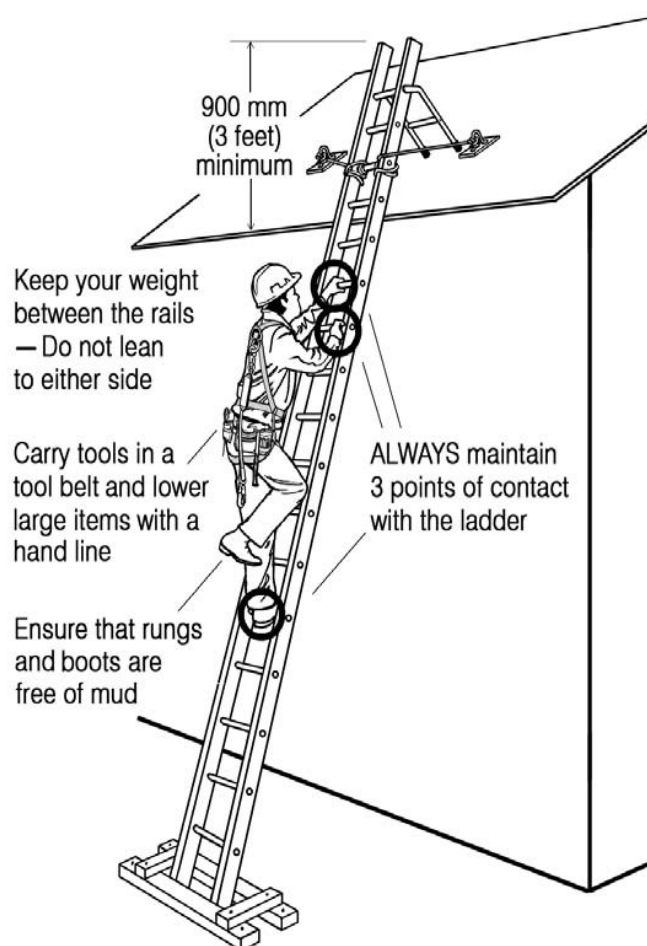
Climbing a ladder is not as easy as it sounds. Many workers have been injured getting on or off a ladder. Workers have died from falls after losing their balance.

Identify Controls

- To use ladders safely, always maintain three points of contact. That means two hands and one foot or two feet and one hand on the ladder at all times.
- Put both hands firmly on the rungs before stepping onto a ladder.
- Break 3-point contact only when you reach the ground or a stable platform.
- Always face the ladder when you're climbing up and down.
- Keep your body between the side rails. Don't lean out on either side.
- Make sure that the ladder extends about 1 m (or 3 feet) above the top landing
- There should be a clear space of at least 15 cm (6 inches) behind each rung.
- Moving quickly often results in only 2-point contact. You often have to make a conscious effort to maintain 3-point contact.
- Don't carry tools, equipment, or material in your

hands while climbing. Use a tool belt for small tools and a hoist line or gin wheel for lifting and lowering larger items.

- Clean mud, snow, and other slippery substances off your boots before climbing.



Demonstrate

Demonstrate safe ladder use.

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