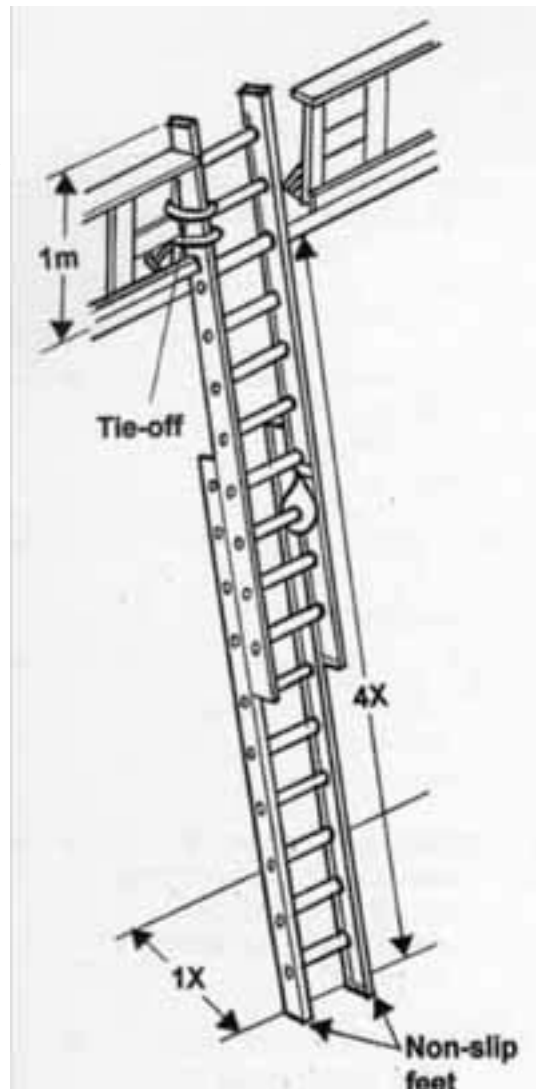


The Ups & Downs of Ladder Safety

Every year in the Yukon a large number of lost-time injuries are caused by ladder accidents. Falls from ladders are one of the most serious problems in construction. The following are major causes:

Ladders are not held, tied off or otherwise secured. Slippery surfaces and unfavourable weather conditions cause workers to lose footing on rungs or steps. Workers fail to grip ladders adequately when climbing up or down, often because they are carrying tools or materials. Workers take unsafe positions on ladders such as leaning out too far. Placement on poor footing or at improper angles causes ladders to slide. Ladders are damaged or not properly constructed. High winds cause ladders to topple. Near electrical lines, ladders are carelessly handled or improperly positioned.



Because ladders are the most common type of access equipment in the construction industry, thousands are used every working day. As a result, there are millions of manhours of exposure to

ladder hazards in a year.

Worker training, regular supervisory reinforcement of training as well as improved site control must all be provided by the employer.

*Occupational Health & Safety Branch
1996-08-030*

Ladder Use Checklist

	Yes	No
Are ladders the safest practical means of access?	<input type="checkbox"/>	<input type="checkbox"/>
Are the ladders in use properly suited to the task?	<input type="checkbox"/>	<input type="checkbox"/>
Do the side rails of straight ladders extend at least 90 cm (3 ft) above the landing level?	<input type="checkbox"/>	<input type="checkbox"/>
Are ladders inspected before being used? (For information call OH&S office.)	<input type="checkbox"/>	<input type="checkbox"/>
Are job-built ladders properly constructed? (For information call OHS Office)	<input type="checkbox"/>	<input type="checkbox"/>
Are bases on firm footing such as compacted soil or mud sills?	<input type="checkbox"/>	<input type="checkbox"/>
Are bases secured against slippage?	<input type="checkbox"/>	<input type="checkbox"/>
Are ladders tied off at the top, blocked, secured or held by a second worker when in use?	<input type="checkbox"/>	<input type="checkbox"/>
Are areas around the top and bottom clear of material, debris or obstructions?	<input type="checkbox"/>	<input type="checkbox"/>

Are only non-metal ladders being used for work near electrical equipment or wires?

Are ladders being used only for purposes for which they are intended?

When working 3 metres (10 feet) or more off the ground and using both hands for the work, are workers tying off with a safety harness and lanyard to a structurally safe means of support?

Are all personnel familiar with the ladder safety policies of the company?

Are straight ladders being erected at the proper angle of 4:1?

Are ladders being used in locations where they will not block passageways or where they are not affected by adjacent activities?

Are barriers being set up around ladders when it is necessary to block a passageway?

Is only one person on a ladder at a time except for double-width ladders?

Are ladders being stored and transported so as to avoid damage or personal injury?

Do workers maintain 3-point contact when climbing by hoisting materials and carrying tools on a belt or tool pouch?

Do workers grasp rungs rather than side rails for more safety if a foot slips?

Do personnel use fall-arresting devices

when climbing up or down long vertical ladders?



Is the weight of the ladder being placed squarely on the ladder feet and not on the rungs?



Are two or more people used to erect long or heavy ladders?

