



Ladders are one of the most common tools in workplaces, but they're not always used safely. A fall from a ladder can result in minor injuries, such as bruising, to severe injuries like broken bones, concussions or worse.

What you need to know

Recognize the hazard	Manage the risk
Slippery, wet or dirty work areas or ladder surfaces	Clean and dry the work area and the ladder before use
Carrying loads that make it difficult to maintain three points of contact while on a ladder	Use a tool belt to carry tools or a hoist to raise or lower materials
Climbing a ladder at too steep an angle	Set up ladders with the base between one-quarter and one-third of the ladder's length away from a wall
Climbing on furniture, boxes or other objects instead of safely using the right type of ladder	Select a ladder with the right height, shape and material for the task
Overreaching or leaning to get to an object from a ladder	Face the ladder and stay between the ladder side rails
Moving a ladder while on it	Get down from a ladder and move the ladder to a new position
Using an incorrect type of ladder	Select the appropriate ladder for the task, for example: step ladder, extension ladder, spike foot ladder etc.

More safety tips

- before using, check that all parts of the ladder are undamaged;
- set up ladders on firm, level surfaces that will not move under pressure and do not use ladders in high winds;
- safely secure ladders that go beyond three metres in height;
- clean up the area where the ladder is set up and manage foot-traffic in the area;
- only have one person on a ladder at a time and do not stand on the top rung;
- immediately report unsafe ladders to your employer or your health and safety representative.

Start the safety conversation

- ? Which hazards should you look for before using a ladder in your workplace?
- ? Does your workplace provide ladders that are appropriate for the required tasks?
- ? Were you provided training on ladder use and safety?
- ? Do you know where to find the procedures or written instructions to work safely with ladders?

More information

View the Yukon *Workplace Health and Safety Regulations*, Part 10 at wcb.yk.ca/regulations

Contact Workers' Safety and Compensation Board at wcb.yk.ca/contact

Our 24-hour line is 867-667-5645 or toll free 800-661-0443. You can email us worksafe@wcb.yk.ca.

