



SAFETY REMINDER

Ladders

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 one (1) metre above 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 ladder clean, free from wet paint, mud, snow, grease, oil and other slippery materials.
- Ensure ladders are used for light-duty tasks of short duration.

DO NOT

- Set up ladders on boxes, crates, tables or other unstable surfaces.
- Attempt to move ladder while working from it.
- Lean outside the side rails to do work. Your belt buckle should never be outside the side rails.
- Use ladders horizontally as a scaffold.
- Work from the top three rungs.
- Set up ladders in doorways or passageways where they can be struck or near an edge or floor opening.
- Carry tools or materials when climbing up or down.
- Paint wooden ladders.
- Allow more than one worker on a ladder at a time.

