

Ladder Safety

We know the physical act of climbing a ladder is not difficult. You've probably climbed ladders many times in your life. So why are ladders responsible for so many injuries and even deaths? Carelessness! Think about safe ladder set-up and climbing each time you ascend.

33%

of ladder injuries result from a slip or fall

Of all falls from heights, ladders account for

25%

5.3 Days

the length of the average hospital stay resulting from injuries caused by falling from a ladder

Safe Set-up

When setting up a ladder always remember:

Step Ladder

- Never lean against a vertical surface
- Make sure fully open and locked
- Stay off top step and bucket shelf

Both

- Stable, even ground
- Barricaded or secure area
- At least three meters away from electrical wires
- Clean, dry, non-slip surface

Straight Ladder

- 75 degree angle with ground
- One meter away from vertical for every four metres height
- Extend one metre above elevation
- Stay off top three rungs

Safe Climbing

Follow these steps each time you climb.

Hold Rungs, Not Rails

Studies have shown that a forward-facing grip on the rungs is much stronger than a side grip on the rails.

Get a Good Grip

Check your hands and shoes for oil, grease or other slippery substances before climbing.

Tools in Belt or Hoisted

Never put a tool in your pocket or attempt to climb while holding it in your hand. Falling tools can injure co-workers below.

Body Between Rails

If your belt buckle is outside of the rails, you are leaning too far to the side. Climb down the ladder and reposition it.

Three Point Contact

Three point contact means two hands and one foot OR two feet and one hand at all times - even as you are working.

