

STOP THE DROP - LADDER SAFETY



**LADDERS**  
**USE THEM**  
**SAFELY!**



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## When Should You Use a Ladder?

When you want to reach a higher work area, think about the best equipment to use.

While a ladder or stepladder is commonly used, it may not always be the best option. Ask yourself these questions before deciding on a ladder:

Will I have to hold heavy or bulky items while on the ladder?

Is the elevated area high enough that it would require a long ladder that can be unstable?

Will I be working from this height for a long time?

Do I have to stand on the ladder sideways in order to reach this work?

If your answer is **YES** to one of the above questions, consider using something other than a ladder. Podium steps may provide a safer alternative as they have a firm platform with a guardrail or consider other equipment such as a mobile scaffold or a mobile elevated work platform (MEWP). If you have to use a ladder, use one that has a handrail attached to provide a place to hold on to (such as a platform ladder).

**Whenever you use a ladder or stepladder, please take note of the manufacturer's instructions and work safely at all times.**



# STOP THE DROP

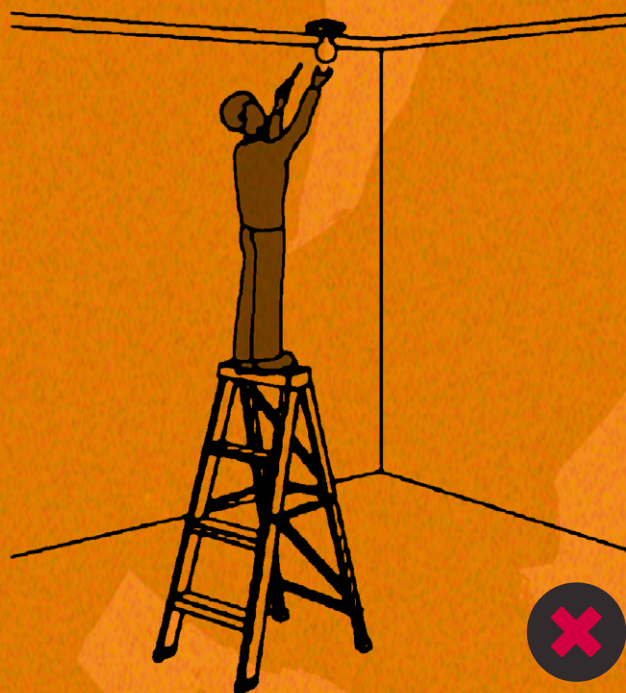




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Use the right ladder for the job. For example, ensure the ladder is high enough for you to reach your work area without having to stand on the top rung.

Only 1 person should be on a ladder at any time.



Make sure you always have a secure place to hold at the correct height by working no higher than the 3rd rung from the top



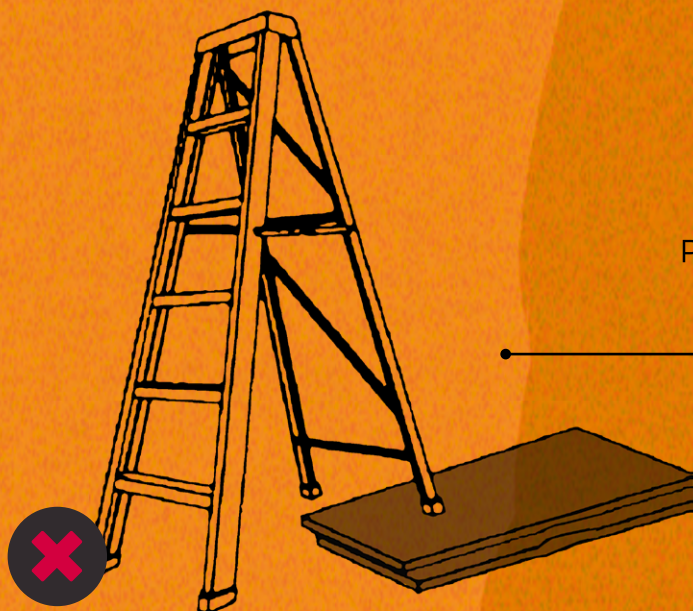
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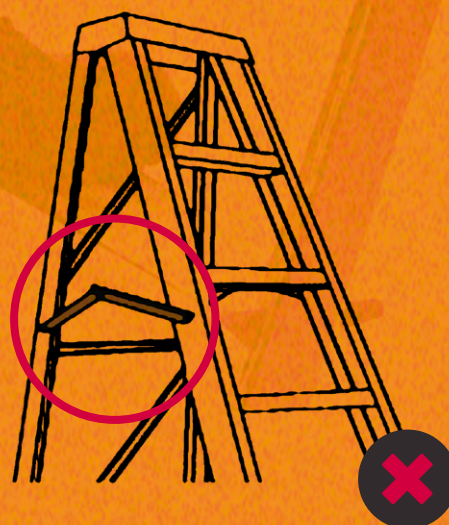
Wear proper footwear (e.g. non-slip flat shoes).



Place the ladder on stable and level ground.  
DO NOT place it on an uneven surface.



Ensure that the ladder is fully extended before starting work.





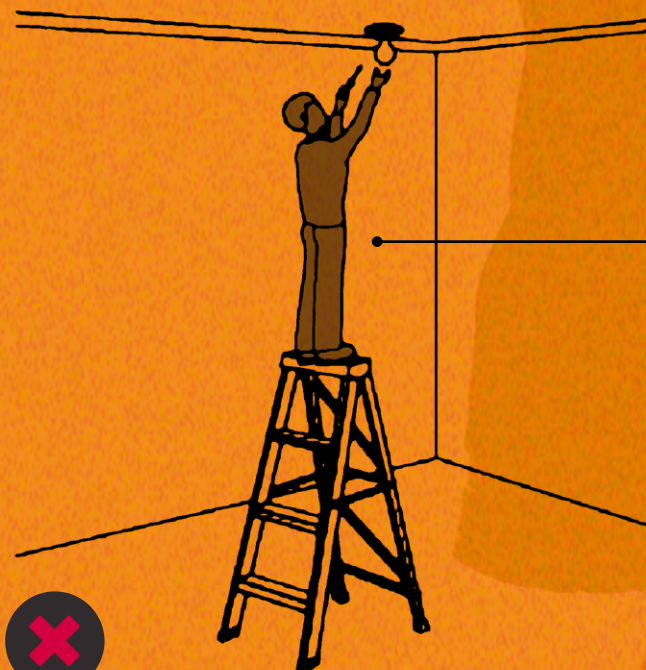


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Prevent passers-by from walking under or near ladders in use by using barriers (e.g., cones) or getting your co-worker to act as a lookout.



Do not work on the top rung of the ladder



Maintain three points of contact with the ladder at all times.





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Do not carry any tools or materials in your hands when climbing a ladder.



Do not lean away from the ladder to carry out your task. Always keep your weight centered between the side rails.



Do not use ladders near doorways or situations where you may be knocked off.



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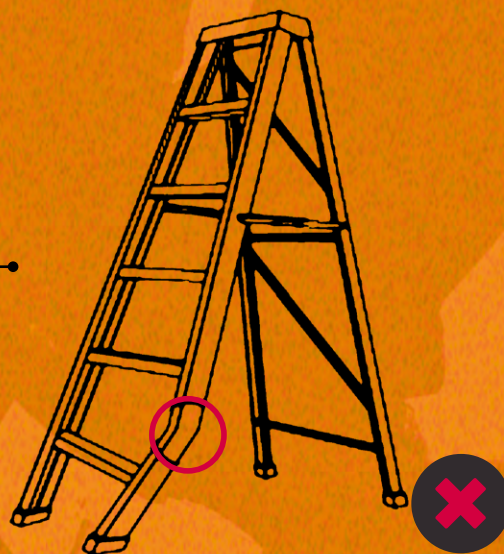
## Check, Maintain and Store Ladders Well

Before using a ladder, check it carefully to ensure there are no visible defects and that it is in good working condition. Check the ladder according to the manufacturer's instructions.

Maintain and store the ladder according to the manufacturer's instructions.

Do not use faulty ladders such as these:

Do not use the ladder if it is bent.



Do not use the ladder if it is missing a step.



Do not use the ladder if the spreader bars are not straight and locked down.





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Never move a ladder while someone is still on it or  
“ladder walk”

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