



SAFE WORK PRACTICE

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| TITLE | Ladders |
| GENERAL | Protecting workers while climbing to heights on ladders. |
| APPLICATION | Working at heights |
| PROTECTIVE MECHANISMS | Safe work procedure Manufacturers specifications PPE ERP (Emergency Response Plan) |
| SELECTION AND USE | As per safe work procedure |
| SUPERVISOR RESPONSIBILITY | Supervisors are responsible to facilitate and/or provide proper instructions and training to their workers. |
| WORKER RESPONSIBILITY | <ol style="list-style-type: none"> 1. All ladders shall be inspected prior to performing a task. 2. Wooden ladders shall not be painted. 3. Conductive metal ladders or wire or wire reinforced wooden ladders shall not be permitted in energized areas. 4. Ensure surface is level and firm. 5. Ensure ladder is tied off and set at the proper angle. 6. Ladders should not be climbed higher than the third step from the top. 7. Three points of contact should always be maintained when climbing up or down. 8. Ladders should not be erected on boxes, tables, scaffold platforms, man lift platforms or on vehicles. 9. A ladder shall not be placed against an unsafe support. |