



## Ladders

Developed by:	Approved by:	Date created:	Last revision:
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Possible Hazards Present	Personal Protection Required	Additional Training	
<ul style="list-style-type: none"> <li>- Falls/Slips</li> <li>- Electrocution</li> <li>- Muscle strains</li> </ul>	<ul style="list-style-type: none"> <li>- CSA Footwear</li> <li>- Hard Hat</li> <li>- Lifting</li> </ul>	<ul style="list-style-type: none"> <li>- Ladder Care and Maintenance</li> </ul>	
<ol style="list-style-type: none"> <li>1. Read and follow all manufacturer labels and markings on the ladder.</li> <li>2. Avoid electrical hazards. Check for overhead electrical lines or power sources. Use only fiberglass or wood ladders around electricity.</li> <li>3. Inspect ladder before each use. If damaged it must be removed from service until it is repaired or discarded.</li> <li>4. Do not use the top two rungs of a ladder.</li> <li>5. Always maintain a 3-point stance(2 hands and 1 foot or 2 feet and 1 hand) on a ladder when climbing. Keep your body near the middle and always face the ladder.</li> <li>6. Only use ladders and appropriate accessories (stand off arms, levelers, jacks, or hooks) for their designated use.</li> <li>7. Ladders must be free of any slippery material on rungs, steps, or feet.</li> <li>8. Be sure there is a stable, level footing and tie off ladders at the top and secure the bottom. If tie off is not possible another worker must hold the ladder.</li> <li>9. The ladder must be on a 1 to 4 angle and extend at least 3 feet above the top support point.</li> <li>10. Do Not shift a ladder when someone is on it.</li> <li>11. Be sure that all locks on an extension ladder are properly engaged.</li> <li>12. Do not exceed the load rating of a ladder including the weight of equipment or tools.</li> <li>13. Only allow 1 worker at a time on a single ladder and Do Not over reach, keep body between rails.</li> <li>14. Do not allow anyone to stand under a ladder.</li> <li>15. Never paint a wooden ladder.</li> <li>16. Maintain the ladder in good condition including rungs, ropes, and foot pads.</li> </ol>			
<b>Documentation/Legislation</b> Workplace Safety and Health Regulation, M.R. 217/2006 13.7-13.9 – Ladders  1910.23 US Dept. of Labor (OSHA) Construction Safety Assoc. of Manitoba		<p><b>This Safe Work Procedure will be reviewed anytime the task, equipment or materials change and at a minimum every three years.</b></p>	