

Safe Use of Ladders this Holiday Season

Between 2013 and 2017, seven workers died falling off of ladders

Falls from ladders are a serious safety concern, particularly at this time of year when wind, rain, and snow pose hazards

Using a ladder safely can prevent serious injury or death. This includes choosing the right ladder, positioning it correctly and assessing hazards

Tips on Using Ladders Safely

- Select the right ladder for the job and ensure it is long enough to extend one metre above the upper landing (extension ladders).
- Extension ladders must be tied off to prevent tipping
- Place the ladder on a firm, level surface and inspect it before each use to ensure it's in good working condition, looking for cracks or loose rungs.
- **Maintain three points of contact** while climbing a ladder: two feet and one hand, or two hands and one foot.
- Don't work from the top two rungs of the ladder or have more than one worker on a ladder at once.
- Don't carry heavy or bulky objects while climbing up or down a ladder (have someone hand it up or raise or lower with rope).
- Stepladders must be fully opened with the spreader bar locked.
- Check for power lines and ensure a minimum distance of three metres can be maintained at all times before starting work.



"Safety is a Core Value and Business Priority"



West Fraser