

Portable Ladder Fall Protection Expectation

- Fall Protection is not required to travel up and down a ladder
- A ladder is not an approved anchor point

AB OH&S Requires:

- An employer must ensure that a worker working from a portable ladder from which the worker may fall 1.2 metres (WF Requirement) or more uses a personal fall arrest system.
- Despite the last statement, if it is not reasonably practical to use a personal fall arrest system, a worker may work from a portable ladder without fall protection if
 - a) the work is a light duty task of short duration (15 min WF Expectation) at each location,
 - b) the worker's centre of balance is at the centre of the ladder at all times even with an arm extended beyond the side rails of the ladder, and
 - c) the worker maintains 3-point contact whenever the worker extends an arm beyond a side rail.
- 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.

Platform ladders can be used to mitigate fall protection requirements.



Supervisor
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Talk

"Safety is a Core Value and Business Priority"



West Fraser